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The good Huswifes hand-

maid, for Cookerie in her Kitchin
in dressing all maner of meat, with
other wholsom diet, for her &
her houshold. &c.

To boile mutton with mallowes or turneps.

Take a necke of Mutton, cut it in ribbes,
and put it in a pot, and a good quantite
of beefe broth, and make it boyle : then
take your Turneps or Mallowes, and
cut them in pieces, of the bignes of your mutton,
then put into your pot a little pepper, and
so let them boyle till they be verie tender, then
take them of and serue them uppon sops.

To boyle mutton with Spinage.

Take your necke of mutton and cutte it
in pieces, and put it into a faire Pottes,
and a good quantite of mutton broth,
and make it boyle : then take sweete bacon,
and cut it of the bignes of your finge, and of
the length, and put it in your pot, and turn
pieces: then take three good handfulls of spin
nage , wash it verie cleane, and scalding the
water from it , and cut it small, and put it in

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to the pot, and a little pepper and salt, look that you haue no more broth then will cover your meat, so let it stewe softly till it bee ten, then serue it vpon sopps.

To boyle mutton with Carrets.

Take a breas or necke of Mutton, cut it of the bignes of your thombe, and put it into an earthen porke with faire water, and make seeth : Then take Carret rootes, and dredge them cleane, and cutte them of the byg, nesse of your Mutton, and let them saeth, then put in halfe a handful of Stripped Yme, as much of Sauorie and ysphe, and a little salte and Pepper : Let them seeth till your Mutton and roots be verie tender then serue them vpon sopps.

To boyle mutton with Coleworts.

Take a necke of fat Mutton, and cut your ribbes, and boyle them vpon a girdy, on till they bee halfe enough, then put them in a faire earthen pot, and a good quantitie of beef broth and make them boyle : Then take a handful of Coleworts, and wash them cleane, and beate them in pieces, and put them vpon your Mutton, and a ladle full of the fat of the bofie broth, and a little Pepper and salt, and so let them stewe till they be verie tender, and put them vpon Soppes,

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put no salt in till the meate be ready to be taken vp.

To boyle a legge of mutton with a pudding.

First, with a knife raise the skin round about till you come to the iointes, and when you haue perboyled the meate, shred it fine with suet or Marie, Parsley, Marizam, and Benroyall : then season it with Pepper and salte, cloues, Rose, and Synamon, and take the yolke of nine or tenne egges, and mingle with your meate a good handfull of Currans, and a fewe minced Dates, and put the meat into the skinne of the leg of Mutton, and close it with prickes, and so boyle it with the broth, that you boyle a capon, and let it seeth the space of two houres.

To boyle a leg of mutton with Lemmons.

When your Mutton is halfe boyled, take it vp, cut it in small pieces: put it into a pipkin, and couer it close, and put thereto the best of the broth, as muche as shall couer your mutton, your Lemmons being sliced verie thin, and quartered, and Currans, put in pepper grosse beaten, and so let them boyle together, and when they bee well boyled, season it with a litell Vergious sugar,

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pepper grosse beaten, and a little Saunders, to lay it in fine dishes vpon soppes. It will make three messe for the table.

To boyle mutton with Endiue, Borage, or Lettice, or any kinde of hearbes that may serue thereunto.

Vhen your mutton is well boyled, take the best of the broth, and put it in a pipkin: and put thereto an handfull of endiue, borage, or what herbs you list, and cast thereto a few currans, and let them boyle well, and put thereto a peece of upper crust of white bread, season it with pepper grosse beaten, and a little vergious, and a little Sugger, and so poure it vpon your meat.

To boile mutton for a sick bodie.

Put your Mutton into a pipkin, seeth it, and scum it cleane, and put thereto a crust of bread, Fenell roots parly rootes, currans, great raisons (the stones taken out) and hearbes, according as the pacient is. If they bee cold, hot hearbes may be boorne: if they be hot, cold hearbs be best, as Endiue, Synamon, Mistletoe leaves, and some Horrell: let them boile together. Then put in Prunes, and a verie liitle salt. This is broth for a sick bodie.

To make balles of mutton.

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Take your Mutton & mince it very fine with suet. Then season it with sugar, Synamon, Ginger, cloves and mace, Salt and rawe egges, make it in round balles. Let your broth seeth ere you put them in. Make your broth with Currans, Dates quartered, whole mace and Salt. Thicke it with volks of Egges, and Vergious, and serue it vpon sops.

To boyle a Capon with Orenge after Mistres Duffelds way.

Take a Capon and boyle it with veale, or with a marie bone, or what your fancy is. Then take a good quantitie of that broth, and put it in an earthen pot by it selfe, and put thereto a good handfull of Currans, and as manie Prunes, and a fewe whole maces, and some Maris, and put to this broth a good quantitie of white Wine or of Clarret, and so let them seeth softlye together: Then take your Orenge, and with a knife scrape off all the skinnesse of the outside of them. Then cut them in the middest, and wryng out the juice of thre or four of them, put the iuyce into your broth with the rest of your stuffe, then slice your Orenge thinne, and haue hympon the fire readie a skillet of faire seething water, and put your sliced Orenge into the water

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Water, & when that water is bitter, haue more
readie, and so change them still as long as you
can finde the great bitternesse in the water,
which will be sixe or seauen times, or more, if
you finde need: then take them from the wa-
ter, and let that runne cleane from them: then
put close Orenge into your potte with your
broth, and so let them lie together till your
Capon bee readis. Then make your sops with
this broth, and cast on a little Synamon, Gin-
ger, and Sugar, and vpon this lay your Ca-
pon, and some of your Orenge vpon it, and
some of your Marie, and towarde the ende of
the boylng of your broth, put in a little Ver-
gious, if you thinke best.

To boyle a Capon in white broth.

B^Oyle your Capon in faire liquour, and co-
uer it to keep it white, but you must boile
no other meate with it, take the best of the
broth, and as much Vergious as of the broth,
if your vergious be not too sowre, & put there-
to whole Mace, whole pepper and a good hand
full of Endive, Lettuce or Boorage, whether of
them ye will, small Raisons, Dates, marrow of
marrow bones, a little sticke of Synamon, the
peeple of an Orenge: then put in a good peeces
of Sugar, and boil them well together: then
take two or three yolkes of egges sodden, and

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Strain them and thick it withal, and boile your
spannes by themselves, and lay vpon your Ca-
pon: poure your broth vpon your capon.

Thus may you boyle anis thing in white
broth.

An other way to boyle a capon in
white broth.

T^Ake marrow bones, breake them, and boile
them and take out the Marrowe. Then
seeth your capon in the same liquor. Then
take the best of the liquor in a small potte to
make your broth withall, then take Cur-
rans, Dates, and Prunes, and boile them in
a potte by themselves, till they bee plum, then
take them vp, and put them into your broth,
then put whole Mace to them, and a good
quainttie of beaten Ginger, and some Salte.
Then put the Marrowe that you did take
from the bones, and straine the volkes of Eggs
with Vineger, and put them into your Broth,
with a good pece of Sugar, but after this it
must not boile: then take bread, and cut there-
of thin lippets, and lay them in the bottome of
a dish then take sugar, and scrape it about the
sides of the dish, and lay thereon your Capon,
and the fruit vpon it, and so sette it in.

To boile a Capon in brewes.

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Thou must boyle your Capon with fatte meat, then take the best of the broth, and put it in a pipkin, and put whole mace to it, whole Pepper, some red Currans, halfe as much white Wine as you haue of broth, good stors of marroyle and Dates, and scum them cleane, and keep your liquoy verie clear, and season it with vergious and Sugar, and then lay your Capon vpon browes finely cut, and so poure your broth vpon it.

To boyle a Capon with Orenge
or Lemmons.

Take your Capon and boyle him tender, and take a little of the broth whē it is boyled, and put it into a Pipkin, with Mace and Sugar a good deale, and pare thre Orenge and pill them, and put them in your Pipkin, and boyle them a little among your broth, and chicken it with wine and yolks of egges, and Sugar a good deale, and salt but a little, and set your broth no more on the fire, for quaking, and serue it in without sippets.

To make Sops for a Capon.

Take tostes of bread, Butter, Claret wine, and slices of Orenge, and lay them vpon the tostes, and Hingmon, Sugar, and Gin ger.

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To make Sops for Chickens.

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First take Butter, and melt it vpon a chafingdise with coales, and laye in the dish thinne tostes of breade, and make Sozrell sauce with Vergious and Gooseberries, seeth them with a little Vergious and lay them vpon.

To boyle a Mallard with cabage.

Take the Cabage and pick them cleane, and wash them, and perboile them in faire water: then put them in a Colender, and let the water runne from them, then put them in a faire pot, and as much beefe broth as will cover them, and the Marie of three Mary bones whole. Then take a Mallard, and with your knife, giue him a launce along vpon each side of the brest. Then take him of, and put him into your Cabage, and his dripping with him, for he must be roasted halfe enough, and hys dripping saued, and so let him stewe the space of one hower. Then put in some pepper and a little salt, & serue in your Mallard vpon soppes, and the Cabage about him, and of the uppemost of the broth.

To boile a mallard with Onions.

Take a Mallard, rost him halfe enough, and sauve the dripping, then put him into a faire pot,

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pot and his graine with him , and put into his bellie sixe or seuen whole Onions and a spoon full of whole pepper , and as much abroad in your pot , putte it as much Mutton broth or beeef broth as will couer the Mallarde , and halfe a dish of sweete butter, two spoonfuls of Vergious , and let them boile the space of an houre. Then put in some salt, and take off the pot, and laie the Mallard vpon soppes, and the Onions about him, and powre the uppermost of the broth vpon them.

To boyle a Ducke.

Set the Ducke with some good Marrow bones, or Mutton , and take the best of the broth , and put therein a few Cloues , a good manie sliced Onions, and let them boile well together till the Onions bee tender, and then season your broth with Vergious and a little bruised pepper : Take vp your Ducke and laie it vpon sops, and giue it two slices vpon the brest, and sticke it full of Cloues , and powre the broth vpon it.

To boyle Stockdoues.

Set them with beeef or mutton. Take the best of the broth , and put in a pipkin, and put thereunto Onions finely minced and a fewe Currans and so boile them till they be verie tender, and season them with vergious

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gicus and a little sweet butter, and powre them vpon your Stockdoues, when they be laid vp, on your sops.

To boyle a Conie with a pudding
in his bellie.

Take your Conie and slea him , & leane on the eares, and wash it faire and take grafed bread, sweet suet minced fine, Currans, and some fine hearbes, Peintrollall, winter sauerie, Parslie, Spinnage or Beetes, sweete Maroijam, and chop your hearbes fine, and season it with Cloues, Mace and Suger, and a little Creame, and salt, and volkes of Egges, and Dates minced fine. Then mingle al your stiffe together , and put it into your rabbets bellie, and sowe it vp with a thred. For the broth, take Mutton broth, when it is boyled a little, and put it in, then put in Gooseberries or els Grapes, Currans, and sweete Butter, Vergious, salte, grased bread, and Sugar a little, and when it is boyled, lay it in a dish with sops, and so serur it in.

To boyle Chickens or Capons.

First boyle them in faire water till they be tender: then take bread and steepe it in the broth of them, and with the volkes of oure or ffe Egges, and Vergious or white Wine, straine it, and therewith season your broth

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broth and your Capon in it. Then take Butter, Parslie, and other small hearbs, and chop them into it. And so serue them soorth vpon soppes of bread.

To boyle Chickins with a Cawdle.

Take your chickens whē they are fair scalded, and trussed and stufed with Parslie in their bellies, and put them in a potte with faire water and a little salt, and put to them twentie Prunes, halfe a handfull of Coxans and Raisons, and let them boyle altogether till your Chickens be tender, then take sixe volkes, and a pinte of Vinegar, and straine them together, and put thereto a quarterne of Sugar, or as yee thinke meete, and so let it boyle, but ye must stirre it still, els it wil curd: and when it boyleth, take it from the fire: then take your chickens, and put them in a colender, that the broth may goe cleane away, and so put your chickens and the fruite into the cawdell, and make soppes, and lay on your chickens and the fruite, and powre on the cawdell.

To seeth chickens in Lettice.

Take a necke of Mutton with a Marrowe bone, and so let it seeth and scumme it cleane, and let it boyle well together, and when it is enough, then take cut some of it, and straine

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it, and put in your chickens: then take a good many Lettuce, and wash them cleane and put them in. Then take a litte white byarde and straine it, and put it into the pot to thicke it withall. Then put a little whole mace to season it, with Pepper and Vergious, and a little Suger, and cut Sops, and lay them on, and put on the marrow, and so serue them.

How to boile chickens with hearbs.

Take your Chickens and scalde them, and trusse the wings on, and put their foote vnder the wings of your chickens, and set them on in a little pot and scumme them faire, when they haue boiled, put in Spinnage or Lettuce a good deale, and Rosemary, sweete Butter, Vergious, salt, and a litte Suger, and Grayned Bread with a little wine, and cut sippets and serue it out. So may you boile mutton, or Pigionis or Conie.

How to seeth Hennes and Capons in Wine, in white broth.

Take a necke of mutton and a marrowe bone, and let them boile with the Hens together, then take Carret rootes and put them into the potte, and then straine a liitle bread to thicke the pot withall and not too thicke: season it with Pepper and Vergious, and then couer them clole, and then let them

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boile together, ther cut sops and put the broth
and the marrow aboue, and so serue them.

To boyle Calues feet or Lambs feet.

Take your Calues feet after they be scal-
ded, cut them in the middest, and put
them into an earthen pot, & put to them
mutton broth as much as wil couer them
then take a little Spinnage and Lettice, and
a little stripped Lime, and put it in your pot,
and a dishe of sweet butter, and a littl salt, and
let them boyle till they be verie tender: and
when ye be readie to serue them soorth, take
the yolkes of thre Egges, and almost a pinte
of Vergious, and stirre them well together,
and take your pot from the fire seething, and
put in your Vergious and egges, and stirre it
well, and serue them in vpon sops.

How to boile a tripe.

Take a Tripe and cut it in pieces, of the
breadth and length of your finger, and put
them in an earthen pot, & put thereto as much
Mutton broth as will couer them, a little Let-
tice, Spinnage, a littl salt and Vergious, so
let them stew softly til they be verie tender, &
when ye will serue them in, cast on a littl
Pepper, and serue them on sops.

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To boyle tripes, pigs petictots or
Neates feet.

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Take your Neates feet, tripes, or petictots,
and cut them in small pieces, and boile
them with butter, Sinamon, Currans, and a
little vinegar, and serue them in vpon sops.

How to boyle pigs petictots ano-
ther way.

Boyle them in a pint of Bastard, and put
thereto four Dates minced, with a few
Currans and a little Lime, chop the lime
small, so let it boile, till it be wel: season your
pot with Sinamon, Ginger, salt, and a littl
Vergious.

To boyle Chickens after the French
fashion.

Quarter the Chickens in feure pieces:
then take after the rate of a pinte of
wine for two Chickens: then take
lime & partly as small minced as ye can, and
four or five Dates, with the yolkes of feure
hard Egges: and let this boile together, and
when you will season your pot, put in salt, Si-
namon and Ginger, and serue it soorth.

To boile tripes after the French
fashion.

Take a Tripe, and a fewe Onions, mince
them small together, and boyle them to-

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gether, and season your pot with a little Pepper, Minigre and salt, and so serue them.

How to make long worts.

Take a good quantitie of Colewortes and seeth them in water whole a good while, then take the lattell of powdered beefe broth, and put to the wortes, and let them seeth a good while after: then put them in a platter and lay your poudred beefe vpon it.

Triped mutton.

Take a paunce of a Shepe faire scowzed, cast it in a pot of boyling water, and scum it cleane and take vp the fat. Then take it and cut it in small peices of the breadth of two pence, and put it in a potts of stronge broth of Beefe or mutton, take Parslie blades minced and put to it, and let it seeth. Then put in powder of Ginger, a little Vergious, Saffron and salt, and let them boile together till it bee enough, so serue it sooth.

How to boyle a Lambs head and purtenance,

Strain your broth into a pipkin, and set it on the fire, and put in butter, and scum it as cleane as you can, and put in your meate, and put in Endive, and cut it a little and straine a littl yeast, and put into it, and Currans, and Prunes, and put in all manner

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of splices, and so serue it vpon sops.

How to boile Quailes.

First put the into a pot with swete broth and set them on the fire: then take a Carret roote, and cut him in pieces, and put into the pot: then take parsely with sweet hearbs, and chop them a little, and put them into the pot: then take Synamon, ginger, nutmegs and pepper, and put in a little vergious, and so season it with salt, serue them vpon sops and garnish them with fruite.

How to smere a Conie.

Take the Liveres and boyle them, and chop it, and sweet hearbs, apples, and the yolkes of hard Egges, and chop them altogether, and Currans, Sugar, Synamon, Ginger, and parsley, and fill the Conie ful here of, then put her into the sweet broth, and put in sweet butter, then chop the yolkes of hard Egges, Synamon, Ginger, sugar, and cast it on the conie when you serue it vp, season it with salt, serue it on sops, and garnish it with fruit.

How to make Hodgepot.

Boyle a necke of Dutton, or a fat rumpe of Beefe, and when it is well boyled, take the best of the broth, and put it into a pipkin, and put a good many Onions to it, two handfull of Parigold flowers, and a handfull

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of Parkey fine picked, and grosse shred, and not too small, and so boyle them in the broth, and thicke it with strained bread, putting therin grosse beaten pepper, and a spooneful of Vnigars: and let it boyle somewhat thicke, and so lay it vpon your meat.

How to make Hodgepot in pots.

Take a good peece of a leg of Buttton, pare away the skinne from the flesh verie small, and take halfe as much marrowe as you doe fleshe, & then put them both into an earthen pot and put to it halfe a pint of beeſe broth, or halfe a pint of Buttton broth that is not salt, and put thereto a Nutmeg beaten, and a little pepper, two spoonſuls of currans, and twenty prunes and let them ſewe ſoftlie vpon a ſoft fire, and Stirre it well together often, or els it will gather together in lumps: and when it hath aued an houre, put into it a spoonful of vergious and ſerue it vpon ſops.

The order to boyle a brawne.

Take your Brawn, and when you haue cut him out, lay him in fayre water fourre and twentie houres, and ſift it fourre or fife fyues, and ſcrape and bind vp thole that you haue thinke good with hempe, and binde one handfull of greene Willowes together, and lay them in the bottome of the pan, and then

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put in your Brawne and ſcum it verie cleane, and let it boyle but softly, and it muſt bee ſo tender that you may put a straw through it, and when it is boyled enough, let it ſtand and coule in the pan, and when you take it vp, let it ly in Drayes one houre or two, and then make ſowling drinke with ale and water, and ſalt, and you muſt make it verie ſtrong, and ſo let it lie a weeke before you ſpend it.

How to make a good white broth.

Take twe marrow bones and a Cock, and boyle them together in faire water and white wine. Then take Parsley, Lynie, Spinnage & Lettice, and binde them in a bündell, and put it in the pot with the water and wine, the Cock & marrow bones. Then take Prunes and currans, & binde thym in a cloth, and put them in the poſte, and a quantitie of whole mace, and binde them in like manner by themſelues, and put into the pot a peece of Butter, and a good quantitie of Sugar. When the Cocke and the mary boures be ſoden and readeie to be ſerved: Then take ſrent them the broth, and ſtraine it verie cleane, and put it into another pot. Then take the ſaid mace, Prunes and currans ſooth of the clothes & put them into the pot; then take three

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yolkes of Egs, and Rosewater, and put them into the broth, and boyle it a little while, sayre and softlie with a little salt, and so serue it.

How to make Farts of Portingale.

Take a peece of a leg of Mutton, mince it small and season it with cloues, Pace pepper and salt, and Dates nunced with currans: then roll it into round rolles, and so into little balles, and so boyle them in a little beefe broth, and so serue them soorth.

How to make Fystes of Portingale.

Take some sweet suet minced small, the yolks of two eggs, with grated bread and currans: temper all these together with a little saffron, sinamon, ginger, and a little salt: then seeth them in a little Wassard or sack a little while: and whē they haue boyled a little take it vp, and cast some sugar to it, & so make bals of it as big as tennis balles, & lay fourre or fve in a dish, and pouze on some of the broth that they were sodden in, and so serue them.

How to make French porrage.

Take the ribs of Mutton, chop them small the bones and all, with the flesh in square pieces. Then take Carret roots, and for lack of them, Onions, or both together and if you will, or els hearbes, such as you like: seeth al these together, and when you will serue it in, season

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season your pot with a little Synamon, Pepper and salt, and so serue it soorth.

How to make fine pappe.

Take Milke and flower strain them, and set it ouer the fyre till it boyle. Then take it off and let it cooie, then take the yolkes of eggs strain them and put it in the milk, and some salt, and set it in the fyre, and stir it till it bee thicke, and let it not boyle fullie. Then put it in a dish abroade, and serue it soorth for good pottage.

A broth for a weake bodie.

Take a legge of Veale, and set it ouer the fyre in a gallon of water, and scum it clean and when you haue so doone, put in thre quarters of a pounde of currans, halfe a pound of prunes, & a good handfull of Horage, as much Langde beefe, as much of Mints, and as much of Harts tong, let all these seeth feateher till all the strength of the flesh be sodden out: then straine it as cleane as you can. And if ye think the patient be in any heat, put in Violet leaues, or Succorie, as ye do with other hearbs.

A good way to powder or barrell beeef.

Take the beeef and lay it in mere salwe a day & a night. Then take out the beeef and lay it vpon a hirdle, and couer it close with a sheete, and let the hirdle be laid

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said vpon a peuerell or couer to saue the mere
sauce that commeth from it : then seeth the
brine, and lay in your Beefe againe, see the
brine be colde so let it lye two dayes and one
night: then take it out, & lay it again on a hur-
del two or three dayes. Then wype it euerie
peece with linnen cloth, dry them and couch it
with salt, a laying of Beef and another of salt:
and ye must lay a stick croise each way, so that
the brine may run from the salt.

How to keep Lard after my Lord
Ferries way.

Sald your hogge, and euern as you dresse
your Bacon hogge, so dresse this: then
lay it in salt, the space of threeweekes or
a moneth. Then take it vp, and let it
hang ther as in maner is no smoke: but when
ye thinke it wareth moyst, let it be hanged so
lowe that the heate of the fire may come to it:
or els put it in an Duen when the breade is
drawne out, and when ye thinke it be wel dri-
ed, take it out againe til it ware moyst again,
and so ye shal keepe it wel enough threeweeks
quarters of a yare, and never take the leane from
the fat but as ye occupie it.

How to keepe Larde after my Lady We-
stone Brownes way.

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Flea the fat Lard from the flesh, and put in
bay salt, ye must cast a good deale vpon it,
and euern so salt it, and roule it together
round, and so put it in a heap of salt, and when
ye will occupie any of it, cut of it as vee need,
and lay it in water, and so ye may keepe it as
long as ye will.

The keeping of Lard after my Lady
Marquesse Dorsets way.

Take a fat hog and salt him, and when he is
through cold, quarter him, and take all the
bones and the flesh from the fat: and then take
the fat of the said hog, and couch it in sayre dry
white salt, and so keepe it two or threeweekes:
then change it again into faire dry white salt,
after thirde or fourth day, and at the fourteene
daies end, take faire cold water and white salt
and make a verie strong brine, so that your
brine be made so strong that it will beare an
egge almost cleane aboue the brine, and put it
in a faire close vessell: then take the said Lard
and lay it in the said brine, so that the brine co-
uer it ouer: so change it into new brine eueris
fourteene daies, for the space of sixe weeks, and
after that it needeth not to be changed. But
the brine may not be made of wel water.

To make Blaminger.

Take

A new booke

Take a Capon, boyle him in faire water to
rie tender, then take the brawne of him &
chop it small, then take Almonds, and blanch
them, and beat them small, and then put in
your chopped capon and beate them together
verie small: then a quart of Creame and the
whites of ten Egs, & the crum of a fine Man-
chet, and your Stusse, and mingle them alge-
ther, then strain them, and when it is strained
put in a good quantitie of Sugar, and a little
salt. Then take a faire pot, and put your Stusse
in it, and set it to the fire, stirre it, and boyle it
as thicke as an Apple moise, when you haue
boyled it, lay it in a fair platter till it be colde:
then strain it againe with a little Rosewater,
and when you serue it in, cast sugar vpon it, &
dish it in thre parfes.

How to make Blaminger without
Creame or Egs.

Take a capon and almonds, and beat them
as before is said: Then take faire hot wa-
ter, and put into your capon and Almonds:
then put the crumme of a Manchet in it, and
let it stand and soke, then strain it, and when it
is strayned put in your sugar, and boyle it of
the thicknes of an apple moise: then let it cool
and strain it againe with a little Rosewater
and so serue it.

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Stewed meates.

To make stewed broth either for flesh or fish.

Take halfe a handfull of Rosemarie, and
asmuch of Time, and binde it on a bun-
dle with thred after it is walnt, and put
it in the pot, after that the pot is cleane
scummied, and let it boile a while, then cut
sops of white bread, and put them in a greate
charger, and put on the same scalding broth, &
when it is soken enough, straine it through a
strainer, with a quantitie of wine or good ale,
so that it be not too tart, and when it is strai-
ned, poure it in a pot, and then put in your rai-
sins and Prunes, and so let them boyle till the
meate be enough. If the broth bee too swete
put in the more wine, or else a little Vnegré.

To make stewed steakes.

Take a brest of Button, cutte it in peices,
wash it clean: then put it in a faire pot: and
fill your pot with ale or halfe wine and halfe
water, make it seeth and scum it cleane. Then
put into your pot a fagot of Time and Rose-
marie, and Parslie, and thre or fourre Onions
cut rounde, take a little Parsley picked very
small, let them boyle altogether. Then take
Prunes, smal Raisons, and great Dates, and
let them boyle altogether: then season your
pot

A new booke

pot with these spices. Take Salt and a little Saffron, Cloues and Mace, Synamon, Ginger, & a little Sugar: take a quantitie of these spices, and put them into your pot, & let them strew altogether, and whē they be tender, put a little Vergious to them, and let them strew againe, then lay soppes of a Panchet vnder them in a platter, at the first yee must put a good deale of marrow in it.

To stew a capon in white broth.

Take marrow bones with the capon, and seeth them in faire water, put to it a few maces, and threē racēs of Ginger minced, and salt: and when the Capon is almost sodden, put in a good quantitie of Lettuce, and let them seeth a while. Then serue in the Capon vpon sops, and the hearbs vpon it.

To stew a Capon in Lemmons.

Take and slice your Lemmons, & put them in a platter, and put to them white wīne, Rose water, and Sugar, and so boyle them and sugar till they be tender. Then take the best of the broth wherein your Capon is boyled: and put thereto whole mace, whole Pepper, and red Corans, Barberies, a little Lime and good store of Marrowe. Let them boyle well together, till the broth bee almost boyled away, that you haue no more than will

wet

Of Cookerie.

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wet your soppes. Then pour your Lemmons vpon your Capon, and season your broth with Vergious and Sugar, and put it also vpon your Capon.

To stew Chickens.

Take the best of your mutton broth, and put thereto a little whole pepper, and a little whole Mace, Parsley, and Time, and boyle them. Then put in halfe a dish of swæt butter. Vergious, and a piece of Sugar. Then take a good quantity of Gooseberries, and boile them, by themselves in a little broth, and poure them vpon your Chickens: put into your broth a spoonfull of yeast.

To stew birdes.

Take small birds faire picked, drawne, the legs cut off, frye them in butter or suet wel. Then lay them in a faire cloth and let the Butter soak all away: then take Onions minced small, cast them in a pot, and take a portion of Sauell, & of wine, draw them through a strainer, and cast it into the pot, with the Onions and birds fryed, with Cloues, Mace, and a little Pepper, let all these boyle together till it be enough, and put to it sugar, powder of Ginger, salt and Saffron, and so serue it footy.

To stew Larks or Sparrowes.

Take

A new booke

TAke of your mutton broth the best, and put it in a pipkin, and put to it a little whale Pace, whole pepper, Claret Wine, marigolde leaues, Barberies, Rosewater, vergious, sugar, and Marrow, or else sweet butter; perboil the Larkes before, and then boyle them in the same broth, and lay them upon sops.

An other way to stew Larkes.

YOU must take them & draw them cleane and cut of their feet, & then take a good deal of wine in a platter, and take a godde deale of marrow, and put it in the wine, and set them on a Chafingdish, and let them stew there a good while: then take a quantity of small Raisins and wash them cleane, and put them into the broth, and take a little Suger and Synamon, and a few crums of Marchet bread and put them into the Larkes, and let them stew altogether. Then take and cut half a dozen tostes, and lay them in a platter, then put them into a dish with broth and serue them out.

How to stew a mallard.

TAke your mallard and stich him in sayre water with a good marrowe bone, and in Cabbage worth, or Cabbage Lettice, or both, and some parsnep roots, and Carret roots, and when all these bee well sodden, put in prunes, put

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pat in prunes enough, and three dates, and season him with salt, cloves, and Pace, and a little sugar, and pepper, and then serue it out with sippets, and put the Marie vpon them, and the whole Pace day on the sippets, and the dates quartered, and the prunes, and the roots cut in round slices, and lay them vpon the sippets also, and the Cabage leaues lay vpon the mallard.

To stew a Cocke.

YOU must cut him in six pieces, and wash him clean, and take prunes, currans and dates cut very small, and raisons of the sun, and sugar beaten verie small, Synamon, Ginger, and nutmeggs likewise beaten, and a little maidens haire cut verie small, and you must put him in a pipkin, and put in almost a pint of Muschadel, and then putt your spice and sugar vpon your Cocke, and put in your fruit between every quarter, and a piece of golde be strown euery piece of your Cocke, the you must make a lid of wood fit for your pipkin, and close it as close as you can with paste, that no ayre come out, nor water can come in, and then you must fill two brasse pots ful of water, and set on the fire, and make fast the pipkin in one of the brasse pots, so that the pipkins feet touche not the brasse pots bottom, neyther the pot sides and so let them boile four and twenty houres, and then

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TAKE of your mutton broth the best, and put it in a pipkin, and put to it a little whole Pace, whole pepper, Claret wine, marigolde leaues, Barberies, Rosewater, vergious, sugar, and Marrow, or else sweet butter; þerboil the Larkes before, and then boyle them in the same broth, and lay them upon sops.

An other way to stew Larkes.

YDU must take them & draw them cleane and cut of their feet, & then take a good deal of wine in a platter, and take a good deale of marrow, and put it in the wine, and set them on a Chafingdish, and let them stew there a good while: then take a quantity of small Raisins and wash them cleane, and put them into the broth, and take a little Suger and Synamon, and a few crums of Marchet bread and put them into the Larkes, and let them stew altogether. Then take and cut half a dozen tostes, and lay them in a platter, then put them into a dish with broth and serue them out.

How to stew a mallard.

TAKE your mallard and steeþ him in fayre water with a good marrowe bone, and in Cabbage worth, or Cabbage Lettice, or both, and some parsnip roots, and Carret roots, and when all these bee well sodden, put in prunes,

put

put in prunes enough, and three dates, and season him with salt, clones, and Pace, and a little sugar, and pepper, and then serue it out wyth sippets, and put the Marie upon them, and the whole Pace lay on the sippets, and the dates quartered, and the prunes, and the roots cut in round slices, and lay them vpon the sippets also, and the Cabage leaues lay vpon the mallard.

To stew a Cocke.

YDU must cut him in six peeces, and wash him clean, and take prunes, currans and dates cut very small, and raisons of the sun, and sugar beaten verie small, cinnamon, Ginger, and nutmeggs like wise beaten, and a little maidens haire cut verie small, and you must put him in a pipkin, and put in almost a pint of Muskadel, and then put your spice and sugar vpon your Cocke, and put in your fruit between every quarter, and a piece of golde between every piece of your Cocke, the you must make a lid of wood fit for your pipkin, and close it as close as you can with paste, that no ayre come out, nor water can come in, and then you must fill two brasse pots ful of water, and set on the fire, and make fast the pipkin in one of the brasse pots, so that the pipkins feet touche not the brasse pots bottom, nor the pot sides and let them boile four and twenty houres, and fil

up the pot still as it boiles away, with the
other pot that stands by, and when it is boyle
take out your gold, and let him drinke it fastin
and if shall help him: this is approued.

How to stew a Neates' foote.

First let your Beates foot be scalded and
made cleane. Then take Onions, slice
them and boyle them well in faire water.

Then take half water and halfe wine,
miche as neede to serue for the boyling off
Pearle's foot, which wil be soone enoughe, pu
t it in a pipkin. Put therin some cloves, and
little whole pepper, and take the onions out
The water they were sodden in, & put them in
the same pipkin, & the heats set with them
it be almoist enough. Then take a little Berg
bris, halfe a dish off white batter, and a little
gar, and let them boyle a little together, & ser
them in upon peps.

THIS is to shew you how to make Stewed Pottage in Lent.
Take a faire pot, and fill it full of water
take a saucer ful of Dyle Olives, and poure
it into the pot. Then set your pot on the fire
and let it boyle. When take parlike roostes, an
lettinke roots, and let spet them cleane, then cut
them of the branche of a Prune, and poure them
into the pot. Then take bread, and cast it in sop
and call it into a pot of water: then let him sit in

put it in the pot. Then take rosemary, Thyme,
and parslay, and blinde them together, and put
them into the pot: then take Dates, Prunes,
Coxans and great Raisons, and wash them
cleane, and put them in the pot. Then season
your pot with salt, Cloves, Mace, and a little
sugar. If it be not red enough, take Saunders
and colour your pot therewith, looke that your
broth be thick enough.

How to stew beef.

Take beefe and scryfe it in pieces, and washe
it in faire water, and strain that water and
put it in the posse with the Beefe, and boyle
them together. Then take Pepper, Cloues,
Mace, Onions, parsley and sage, cast it thereto
and let it boile together: Then make liquor
with bread and thicke it: and so let it seethe a
good while after that the thicking is in. Then
put in Saffron, salt, and vinegar, and so serue
it seachly.

B Dil your flank of bœf verie tender, til the
bœf bothe bee almost censumed, then put the
bœf bofth into a pipkin, & put to it Daions, ca-
ret roots byged smal, being tender sodden before
and pepper, grose beaten, bergious, and halfe a
ditch of sweet butter, and so lay it upon.

How to make brine to keepe Lard.

Take fairs blatar and white salte, and all
the rest as before. S. 2. And so to boyle it.

A new booke

to stirre them with a staffe a god p̄sty while: then lay the lard in it one night and one day to soake out the blood of the Lard. When make new brine in like maner, and beat it, until the time that the salt is consumed, and then it will be clear: that done, put the brine in a pretie tub that hath a couer wel fastened, the lay in your Lard, and keēp it vnder brine with splints, the couer the tub close: and thus ye may keēpe the Lard white and sweet two or thrē yeres, with change of Brine when need shal require.

To make Maunger Blaunch.

TAKE half a pound of Rice veris clean picked and washed, the beat it very fine, and searce it through a fine searse, & put the finest of it in a quart of moznings milke, & strain it through a strainer, and put it in a faire pot, and set it on the fire, but it must be but a soft fire, & still stirre it with a broad stick. And whē it is a little thick take it from the fire, and take the brauine of a verie tender Capon, and pul it in as smal pieces as ye can, and the Capon must be sodden in faire water, & the brauine of it must bee pulled as small as a horse haire with your fingers, & put it into the milke which is but halfe thicke ned, and then put in as much sugar, as yethink wil make it sweet, and put in a dozen spoonfuls of good Rosewater, and set it to the fire again

and stir it well, & in the stirring, all to beats it with your stick, from the one side of the pan to the other, and when it is as thick as pap, take it from the fire, and put it in a fair platter, and whē it is cold, lay thrē slices in a dish, and cast a little sugar on it, and so serue it in.

How to sowce a Pigge.

Y DU must take white wine, & a little sweet broth, and halfe a score of nutmegs cut in quarters: then take sweete Mar geram, rosemary, baines, and Time, and let them boile all together, scum them very cleane: & when they be boiled, put them in an earthen pan, and the sirrop also, and when ye serue them, a quarter in a dish, and the baines & nutmegs on the top.

Baked meates.

To make paste, and to raise coffins.

T AKE fine flower, and lay it on a boord, & take a certaine of yolkes of Egges as your quantitie of flower is, then take a certaine of Butter and Water, and boile the together, but you must take heed ye put not too many yolkes of Egges, for if you doe, it will make it dry and not pleasant in eating: and ye must take heed ye put not in too much Butter, for if you doe, it wil make it so fine and so shorē that you cannot raise: and this paste is good to

A new booke
raise all maner of Coffins: like wise if ye bake
Venison, bake it in the paste aboue named.

To make fine paste another way.

Take butter and ale, and seeth them toge-
ther: then take your flower, and put there
into thre eggs, sugar, saffron, and salt.

To make shert paste in Lent:

Take thick almond milke seething hot, &
so wet your flower with it: a sallet stile
fried, & saffroned, and so mingle your paste
 altogether, and that will make good paste.

How to bake Venison, or mutton, in-

stead of Venison: a booke
Take leane venison or mutton; and take out
all the sinewes, then chop your flesh verie
smal, and season it with a little pepper and salt
and beaten cloues, and a good handful of Fen-
nel seeds, and mingle them altogether: Then
take your Larde, and cut it of the bignesse of a
goose quill, and the length of your finger, and
put it in a dish of vynegar, & al so wash it there-
in: then take meale as it dooth come from the
mil, and make paste with colde water, and see
that it be very stiffe: then take a sheet, and make
a laying of the minc'd flesh vpon the sheet, of þ
breedþ that your Lard is of length, then make
a laying of your Lard vpon your flesh, and let
your larde bee one from another, the breadth

of

þ one of the peices of the Larde, and so make
four layings of larde, and three layings of flesh,
one vpon another, so prestle it downe with your
hands as hard as you can for breaking þ paste,
and cast in a handfull of pepper and salt, & þea-
ten cloues, so close vp your paste, & let it bake
two houres.

How to make sweet pies of Veale.

Take veale and perboile it very tender, then
chop it small, then take twise as much base
suet, and chop it small, then mince both them
together, then put currans and minced Dates
to them, then season your flesh after this ma-
ner. Take Pepper, salt, and Saffron, Cloutes,
Mace, finanion, Ginger, and Sugar, and sea-
son your flesh with each of these a quantitie,
and mingle them altogether. This done take
fine flower, butter, eggs, and Saffron, & make
your paste withall as fine as you can, & make
your pie with it, and when it is made, fill it
with your stiffe. Then put vppon your pye,
Prunes, Corans, Dates, a little sugar, and
yolkes of eggs hard. Then couer your pie, and
set it on a paper, and set it in the Ouen, and let
it bake sokingly, if it be scortcht aboue lay a
paper double on it.

How to make Chewets of Veale.

C 4

Take

A newbooke'

Take a leg of beale and per boyl it, then mince it with beeke suet, take almost as much of your suet as of your beale, and take a good quantite of Ginger, & a little saffron to colour it: take halfe a goblet of white wine, and two or threes good handfull of grapes, and put them all together with salt, and so put them in Coffins, and let them boyle a quarter of an houre.

How to make chewets another way.

Take a little Meale and slice it, and per boyle it, then take it vp & presse it in a faire cloth, and mince it very fine, take Coxans and dates and cut them very small, take some marie o^r suet, and the yolkes of thre o^r four Egges, and pepper, salt, and mace fine beaten, and the crums of bread fine grated: then mingle al these together, and put in suet enough, and they wil be good pies.

How to make Chewets in Lent.

Take a fresh Eele and flea it, and cut of the fish from the bone, mince it small, and pare two or thre wardenys and mince the likewise small, as much of them as of the Eele o^r Dyfiers, and temper them together, and season it with Ginger, Pepper, cloves, Mace and salte, and a little colour it with Saunders, and put currans and prunes, and minced great raisons and Dates, as you do to the other pies of flesh,

when

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when it is halfe baked put them out, and put to it a little vergious: and if your Gelly be not fat put to it a little Sallet Oyle fried with some sweet flowers or hearbes, if yee put a lyttle Rosewater and salt it is good, but if you haue any fat of fish it is better then oyle.

How to make Oyster chewets.

Take a peck of oysters, & wash them clean. Then shel them, and wash them in a co^r lendar fair and clean, then seeth them in faire water a little, and when they be sodden, straine the water from them, & cut them small as pie meat, season them with a little pepper, a penitworth of cloves and mace, a penitworth of Cynamon and ginger, a penitworth of sugar, a little saffron and salt: then take a handful of Coxans, six dates minced small, and mingle them altogether: then make your paste with a quantitie of fine flower, ten yolkes of Egges, a quantitie of butter, with a little Saffron and boyled water, then raise vp your chewets, and put in the bottom of your chewets a little batter, and cast upon them prunes, Dates, and currans, so close them and bake them: let not your Ouen be too hot, for they would haue but little baking, then draw them, and put in eu^rie of them two spoonfuls of vergious and butter, and so serue them in ec.

To

A new booke

How to make speciall good pies either
of mutton or Veale.

It your meat bet perboiled, and mince it
very fine, and then your met by it selfe, and
after put to the meate, and mince them well
together, then put thereto fve or sixe yolks of
eggs being hard sodden and minced, smal Coz-
rane, Dates fine minced: season it with Cinnamon,
Ginger, Cloues and Mace, a handfull of
carowayes, sugar, and vergious, and some salt
and a little pepper, and so put it into your paste,
whether they be chewets or Crunk pies.

To make paste, and to bake
chickens.

Take wafer, and put in a good peece of but-
ter, and let it seeth as hot as you can blowe
off your Butter into your flower, and breake
two yolks of Egges, and one white, and put in
a good peece of Sugar, and colour your paste
with Saffron, then shal it be shott. Then take
your chickens, and season them with Pepper,
salt, Saffron, and great Raisons, cloues, mace
Celand, Prunes, and Dates, then close them
vp, & make a little hole in the middest of the lid.
Then set it in the Ouen, and to make sirrop
for the same pie, take Malmsey, Creame, and
two yolkes of Egges, and beate them togea-
ther,

of Cookerie.

ther, and put in Synamon and Sogar, and
when the pie is almost baked, then put in the
sirrop, and let them bake together.

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To bake chickens in Summer.

Cut off their feete, trusse them in the cos-
tins. Then take for euerie Chicken a good
handfull of Gooseberries, and put into the pie
with the Chickens. Then take a good quan-
tity of butter, and put about euerie chicken in
the pie. Then take a good quantitie of Cina-
mon, and ginger, and put it in the pie with salt
and let them bake an houre, when they be ba-
ked, take for euerie pie the yolke of an eg, and
halfe a goblet full of vergious and a good qua-
tie of sugar, and put them altogether into the
pie to the chickens, and so serue them.

To bake chickens in winter.

Cut off their feete, and trusse them, and put
them in the pies, take to euerie pie a cer-
taine of Cozrane or Prunes, and put them in
the pie with the Chickens. Then take a good
quantity of Butter to euerie chicken, and put
in the pie: then take a god quantity of ginger,
and salt, and season them together, & put them
in the pie, let it bake the space of an houre & a
half, whe they be baken, take sauce as is afore
said, and so serue them in.

To bake Chickens with Damsons.

Take

A new booke

Take your Chickens, draw them and wash them, then breake their bones and lay them in a platter, then take soure handfulls of fine flower, and lay it on a faire boord, put thereto twelue yolks of Eggs, a dish of butter, and a little saffron: mingle them altogether, and make your paste therewith. Then make sixe coffins, and put in euery coffin a lumpe of butter of the bignesse of a walnut: then season your sixe coffins with one spooneful of cloves & Mace, two spoonefuls of cinnamon, and one of Sugar, and a spoonefull of salt. Then put your Chickins into your pies: then take Damsons and pare away the outward peel of them, and put twey in every of your pies, round about your chickeyns, then put into every of your coffins, a handfull of Currans. Then close them vp, and put them into the Duen, and let them bee there three quarters of an hour.

How to bake a Turkie.

Take and cleane your Turkie on the backe, and bruise all the bones: then season it with salt, and pepper grosse beaten, and put into it good stoeze of butter: he must haue fiftie howers baking.

How to bake a Fesant.

Truste him like a hen, and perboile him, then set him with cloves, then take a little bergiong

of Cookerie.

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ans and saffron, and colour it with a feather, then take salt, Mace and Ginger to season it, and so put it in the paste, and bake it till it be half enough. Then put in a little vergious and the yolke of an eg beaten together: then bake it till it be enough.

To bake a Capon instead of a Feasant.

Cut off his legs and his wings, & after the maner of a Feasant trusse him short, then perboile him a little, and Larde him with sweet lard: so put him into the coffin, and take a little pepper and salt and cast abont him. And take a good halfe dish of butter & put into the coffin, so let him bake the space of foure hoares and serue it forth cold in stead of a Feasant. So likewise bake a Feasant.

How to bake Red Deare.

YDu must take a handful of fennel, a handfull of winter sauzie, a handfull of Rose marie, a handful of Time, and a handful of Wate leaues, and when your liuour seeths that you perboile your venison in, put in your herbes also, and perboile your venison til it be half enough, then take it out, & lay it vpon a faire boord that the water may run fro it, then take a knife and prick it ful of holes, and whyle it is warm, haue a faire tray with vineger therin, and so put your venison therein strom mox-

ning

ning vntill night, and euer now and then turn it upside downe, & then at night haue your coffin ready, and this done, season it with Sowyngham, Nutmeggs and Ginger, Pepper and salt, and when you haue seasoned it, put it into your coffyn, and put a good quantity of sweete Butter into it, & then put it into the Ouen at night when you go to bed, and in the morning draw it forth, and put in a salwer ful of Vinegar into your pie at a hole aboue in the top of it, so that the vinegar may run into euerie place of it, and then stop the hole agayne, and turne the bottome upward, and so serue it in.

How to bake Venison.

Perboile your Venison, then season it with Pepper and salt, some what grosse beaten, and a little Ginger, and good stroke of sweet butter. And when the Venison is tender batte it, and put to it halfe a dozen spoonfuls of Claret wine, and shake it well together.

How to bake a Crane or a bustard.

Perboile him a little, then Lare him with sweet lard, and put him in the coffin. Take Pepper and salt, a good quantity, and season them together and cast upon it. Then take Butter, and put in the coffin, let it bake three hours.

How to bake a Mallard.

First truse them, and perboile them, and put them into the coffyn: then season them with pepper and salt, and four or five Onions pealed and sliced, and put the altogether, with a god piece of sweet butter vnto the Mallard and so let them bake two houres, & when they be baked, put in halfe a goblet of Vergior, & so euerie Mallard, and so serue them.

How to bake a wilde boare.

Take thre partes of water, & the fourth part of white wine, and put thereto salt alsmuch as shal season it, & let it boile so fil it be almost enough: then take it out of the broth, and let it lie til it be through colde: Then Lard it, and lay it in course pastye, in pasties, and then season it with pepper, salt, and ginger, & put in twise so much ginger as pepper. And when it is half baked, fil your pasties with white wine, and all to shake the pastye, & so put it into the Ouen again, til it be enough: Then let it stand fve or six daies, or euer that you eat of them, and that time it will be very good meate.

How to bake wilde Duckes.

Drawe the faire, & perboile the, then season them wiþ peppere salt, a few whote cloves amongst them, and Onions smal mincēd, and sweete butter, Vergior, and a litle Sugar.

A new booke
To bake calues feete.

Take Calues feet and seeth them tender, pul off the haire, then slit them, and make your paste fine, & when you haue made your coffin, before you put in your feet, take good Raisons and mince them smal, and plucke out the kerneles, and strewe them in the bottome of your pie: then season your feete with Pepper, salt, cloues and mace, then lay in the feet, and streue currans on them, and Sugar and a good peice of butter in it, and close it vp, and make a little hole in the lid, and when it is almost baked enough, put in a nosse of Vergious, and so serue them.

To bake Calues feete after the French fashion.

Take the feet, pul off al the haire, and make them cleane, and boile them a little til they be somwhat tender, then make your paste, and season your calues feet with pepper, salt and Synamon, and put them in your paste, with a quantity of sweet Butter, Parslie and Onions among them, so close it vp, and set it into the Ouen till they be halse baken. Then take them forth, and open the crowne, and putt more butter & some Wineger, so let them stand in the Ouen til they be thouroughly baken.

For to bake a Pigge.

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F Lea your Pigge, and take our all that is within his bellie clean, & wash him well, and after perboile him, then season it with Pepper, Salt, Nutmegs, Mace and cloues, and so lay him with good stree of butter in the paste: Then set it in the Ouen till it be baked enough.

To bake a Pig like a Fawne,

Take him when he is in the haire, and flea him, then season it with popper & salt, cloues and Mace: then take claret wine, Vergious, Rosewater, sugar, Synamon, and ginger, and boyle them altogether: then lay your Pigge flat like a Fawne or a Kid, and put your Sirrop vnto it, with a little sweet Butter, and so bake it leysurely.

How to bake a Neats tong.

Geth the tong halfe enough, and blanch it and cut it in two, then scoch it, and season it with pepper and salt, and put it in a coffin and a good quantit y of Marrow with it, and when it is almost baken, put in some red wine and sugar.

How to bake an Hare.

Take your hare and perboil him, and mince him, and then beat him in a morter very fine liner and al, if you will, and season it with all kind of splices and salt, and doe him together

D

With

A new booke

with the yolkes of seauen or eight egges, and whē ye haue made hym vp together, draw lard verie thick through him, and mingle them all together, and put hym in a pie, and put in butter before ye close hym vp.

For to bake a Gammon of Bacon.

Blile your gammon of Bacon, and stuffe it with parsley and sage, and yolkes of hard eggs and when it is boyled, stuffe it and let it boyle againe, season it with Pepper, Cloues and mace, sticke whole Cloues fast in it: Then lay it so in your paste with salt butter, and so bake it.

To make a rare conceite, with
Veale baked.

Take veale and smite it in little peces, and seeth it in faire wafer, then take parsley, Sage, Isop and Sauozie, and shred them small, and put them in the pot when it boileth. Take powder of Pepper, canel, mace, saffron and salt, and let all these boyle together till it be enough. Then take vp the fleshe from the broth, and let the broth coole, when it is colde, take the yolkes of egges with the whites, and straine them, and put them into the broth, so manie til the broth be stiffe enough, then make faire coffins, and reuech th̄ē pieces or soure in p̄ne coffin of the Veale: and take Dates min-

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sed and prunes, powder of pepper, Ginger and bergious, and put it to the broth. Then put the liquor in the coffins, like as ye do with a custard, and bake it till it be enough, and so serue it sooth.

To make a florentine.

Take Veale, i somme of the Kidney of the loyne, or cold Veale roasted, cold capon or feasant, which of them you will, and minse it verie smal, with sweet Huet, put vnto it two or three yolkes of Egges, being hard sodde, Crans and Dates smal shred. Season it with a little Synamon and ginger, a very litte Cloues and Pace, with a little salt and sugar, and a little Cane finely shred. Make your paste fine with butter and yolkes of eggs, and sugar, rolle it very thin, and so lay it in a platter with butter vnderneath, and so cut your couer and lay it vpon it.

To make a pie to keep long.

YDu must first perboile your flesh & presse it, & when it is pressed, season it with pepper and salt whilist it is hot, then lard it, make your paste of rie flower, it must be very thick, or else it wil not holde, when it is seasonē & larded, lay it in your pie, then cast on it faire you close it, a good deale of cloues and Pace beaten small, and lay vpon that a good deale

in the Ouen vntil they bee hard, and then you must take them out again, and put the soore said liquoꝝ into them, and so serue them forth.

How to make a pie in Lent.

Take Geles and flea them, and cut them from the bone, take Mardens and Figs, & mince them together, and put to them Cloues and mace, pepper, salt, and Saffron, and season al these together, and mingle it with great and small Raisons, Prunes and Dates, cut it in small peeces, and so put it into the coffin, and let it bake halfe an houre.

How to make a Custard in Lent.

Take halfe a pound of almonds, blanch them and beate them in a morter. Then take a quart of fair water, warm it luke warme, and strayne your liquier with the almonds. Then take a peece of the spawn of a Pike, of a Carp or a Koch, and beat it in a morter, then straine it into your almonds: for lacke of spawne yee may take two spoonfuls of the flower of Rice, and put it into your almonds. Then take Suger, cloues, Maces, Saffron and salt, and season your liquoꝝ therewith, euē as ye would season a custard of creame, then take thre handfull of fine flower, and almost a pint of fair waſter boylung hot, and a little Saffron, and make your paste therwith. Then make your custard

A new booke

deale of Butter, and so close it vp: but you must leauē a hole in the top of the lid, & when it hath stood two houres in the Ouen, you must fill it as full of vinigar as you can, and then stop the hole as close as you can with paste, and then set it into the Ouen again: your Ouen must be verie hot at the first, and then your pies will keep a great while: the longer you keepe them the better wil they be: and when ye haue taſken them out of the ouen, and that they be almoſt cold, you must ſhake them betweene your hands, and ſet them with the bottom vpward, and when you ſet them into the Ouen, be well ware that one pie touch not another by moſt than ones hand bredth: Remember alſo to leſt them ſtand in the Ouen after the Vinegar be in, two houres and moze.

To bake ſmall meats.

Take Egges and ſeeth them hard, then take the yolkes out of them and braie them in a Morter, and temper them with Creame, and then strain them, & put to them pepper, ſaffron, cloues, mace, ſmal raisons, almonds blanched & ſmal ſhed, & grated bread: take Peares all ſodden in ale, & bray & strain the with the ſame liquoꝝ, and ſet thereto baſtard and honeuy, & put it in a pan and ſtirre it on the fire till it be well ſodden. Then make little coffins and ſet them

and when it is made, put small Raisons and Dates in the bottome of your Custarde, as you do unto a custard of creamie.

To bake Oysters shels and all.

Take the best Oysters faire shaled, and the fairest & smoothest shels, wash a good manie, and to make them smooth, rub one shell against another, and when they are very clean make your pie: and then let your grauie run through a strainer of your Oysters and wash your oysters very clean, and season them with Pepper and salt. Then take out of the deepest shelles, and put into them thre Oysters and thre clores, and a little peice of butter, and lay a flat shell vpon that, and thus set your pie with the shels and the Oysters in them till they be full, and in boyde places put in a piece of Butter: then close your pie, and set it into the Ouen and when it hath stood there halfe an hour draw your pie, and then put in a saucer full of your grauie. Then put the pie into the Ouen againe, and so let it stand one other halfe houer, and then serue it forth.

To bake Peares, quinces, and wardenis.

You must take and pare them, and then coare them: then make your paske with faire water and Butter, and the yolk of an Egge, and sette your Drengeis in

to the paske, and then bake it well: Then fill your paske almost ful with Sdinamon, Ginger and Sugar: also apples must be taken after the same sort, sauing that whereas the core should be cut out they must be filled with butter euerie one: the hardest apples are best, and likewise are Peares and wardens, and none of them all but the Wardens may be perboiled, and the ouen must be of a temperate heat, two houres to stand is enough.

To bake quince pies.

Pare them and take out all the Core: then perboyle them in water till they bee tender: Then take them forth: and let the water runne from them till they be drye. Then put into euerie Quince, Sugar, sinnenmon and ginger, and fill euerie pie therewith, and the you may let them bake the space of an houre, and so serue them.

To bake orenges.

First take twelue Drengeis, and pare away the yellow rinde of them, cut them in two pieces, and wryng out the iuyce of them, then lay your pilles in faire water, and when it is boyling hot, put your Drengeis therin, let them leeth therein vntill the water be bitter. Then haue another potte of water readie vpon the fyre, and when it dooth scethe, put your Drengeis

A new booke

renge ples therem, and let them seeth again in
ths same water until they be very tender; then
take your Orenge s out of the pot, & put them
in a bason of sayre cold water, and with your
thombe take out the core of your Orenge s and
wash them cleane in the same water; and lay
them in a faire platter, so that the water may
run from them: then take a quart of Bassard,
claret wine, or white wine, if you take a quart
of Bassard, put thereto a quatern of sugar: if
you take claret or white wine, ye must take to
euerie pint a quarterne of Sugar, and set it to
the fire in a faire pot: then put your Orenge s
therem, and seeth them till the liquo r come to
a sirrop: when it is come to a sirrop, take a fair
earthen pot, and put your Orenge s and your
sirrop altogether, so that your Orenge s may
be couered with your sirrop, if you lacke syr-
rop, you must take a pinte of Claret wine, and
a quarterne of Hugar, and make thereof a sir-
rop, and put it into your Orenge s; and stoppe
your pot close, after this maner you may keep
them two moneths, and when you will bake
them, take an ounce of Hynamon, and halfe an
ounce of ginger, and beat them smal, then take
two pound of sugar, and beat it in like maner.
Then put your sugar, Hynamon and Ginger
in a faire platter, and mingle them together.

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Then take four handfuls of fine flower, & lay
it upon a faire board, and make an hole in the
midt of the flower with your hand: then take
a pinte of fair water, & eight spoonfuls of Oyl,
and a little saffron, and let them seeth alto-
gether, and when it seeths put it in the hole in the
midt of the flower, and knead your paste ther-
with: then make little round coffins of the big-
ness of an orange, and when they be made, put
a little sugar in the bottom of them: then take
your Orenge ples and fill them full of sugar
and splices afore rehearsed, and put them into
your coffins, and fill the coffins ful of the same
sugar and splices: when the splices be in them,
close them vp, and set them vpon papers, and
bake them in an ouen or baking pan, but your
Ouen may not be too hot if your coffins be dry
after the baking, you may make a little hole
with the point of a knife vpon the couer of the
and with a spoone put a little of the sirrop to
them, at another season you must make your
paste with four handfuls of fine flower, and
twelue yolkes of egges, and a little saffron, make
your paste therewith.

An other good w i y to bake Orenge s.

P are the bitter rinde as thin as you can: the
take the Orenge s, and cut out a little hole
in the top, & with a narrow pointed knife
picke

A new booke

picke outes nigh as ye can al the pames; then
seeth them in faire water boyling a foyt pace;
and whē the water is bitter haue more water
readye, and change the first water, and so let
them seeth in the second water a god while soft
ly boyling, let them not be very tender, for af
ter that boyling ye must put them in an other
liquor that must be water and hony very sweet
sodden together & scummed: then put into that
a good quantity of Saffron, and so put in your
Orenge, and let them saeth well in that water,
til they be verie tender, if yee will bake them,
put Claret wine and sugar together, and let it
boyle wel. Then fil your Orenge of drie Su
gar and Ginger, and turne the hole of your O
renge upward: then put the Claret wine in,
till your coffin be almost full: and see that there
be Sugar enough in the coffin and close it vp,
and a little before ye wil serue it in, put in more
of the Claret wine and Sugar that was firste
sodden, at the hole aboue in the coffin. Thus ye
may keepe your Orenge in that same liquor
that ye did seeth them in first, a moneth or moze
and if ye think that the liquor changeth: seeth it
againe and it wil amend, and if you think that
the Orenge doo not looke yellow enough, put
Saffron in the liquor, and with a feather col
lour your Orenge.

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To bake Peaches.

Take Peaches, pare them, and cut them in
two pieces, & take out the stones as cleane
as you can for breaching of the Peach: then
make your pie thē square to bake sowze in a
pie, let your paste be verie fine, then make your
dredge with fine Sugar, Synamon and Gin
ger: and first lay a little dredge in the bottome
of your pies: Then put in Peaches, and fill
vp your coffins with your Dredge, and put into
every coffin thē spoonfuls of Rose water. Let
not your Duen be too hot. &c.

To bake pippins.

Take your pippins and pare them, and make
your coffin of fine paste, and cast a little su
gar in the bottome of the pie. Then put in your
Pippins, and set them as close as ye can: then
take sugar, sinamon, and Ginger, and make
them in a dredge, and fill the Pie therewith:
so close it, and let it bake two houres but the
Duen must not be too hot.

To make a good Castard.

Take a platter full of Creame, if it bee a
quart, then take sixe yolks of Egges, to a
pint thē Egges, and when you set your
Creame ouer the fire, cut your butter in
small peeces and but it into your creame, & it be
little moze then the quantitie of a Walnut it is
enough.

enough, and season it with salt, Sugar, cloves, mace, and saffron, and so cover it, and let it be set vpon a chafingdish or pot of seething water, and when it is well hardned, cast on it minced Dates and small Raisons, and so let it boyle till ye think it be wel hardned: and then serue them forth, &c.

How to make a Custard in Lent.

Take the milt of any maner of fresh fish, and a little of the milt of a white Hering, and a quantitie of blanched almonds, and crumis of bread, and mingle al these together: and a little Water and Sugar, and a quantitie of Rose water, and mingle that together: season it as ye would do another custard with al maner of spices. Then mingle therwith Raisons corvans, and Dates, cut in peeces, and so bake it in a platter or paste, whether ye will, the space of halfe an hour, and so serue it in.

Another way to make a Custard in Lent.

Take blanched almonds and bray them smal put crummes of white bread in the braying of the almonds. Then let a Pike be sodden, or fat Cels, that ye may haue the best of the broth and put that in the bottome of your platter, put in also minced dates and corvans. Then strain your almonds with the water sodden with sugar. Then season it with sugar, saffron, cloves and

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and Pace: then put in all the stufse in the platter, and so boyle it vpon a chafingdish a good while: see the platter be not coured, for if it be the Custard will never ware harde: when ye serue it forth, cast Sugar on it. & if your dates and corvans be sodden in the fish broth afoore ye put them in the platter, they wil be the better, put to a litle salt in the making, &c.

To make a tart of apples and

Orenge pilles.

Take your orenge, and lay them in wa-
ter a day and a night, then seeth them in
faire water and hony, and let them seeth
till they be soft: then let them soak in the
sirrop a day and a night: then take them forth
and cut them small, and then make your tart
and season your Apples with Sugar, Syna-
mon and Ginger, and put in a peice of butter,
and lay a course of Apples, and betwene the
same course of apples, a course of Oren-
ges as you seasoned your Apples, with some-
what more sugar, then lay on the lid and put it
in the ouen, and when it is almost baked, take
Rose water and Sugar, and boyle them toge-
ther till it be somewhat thick, then take out the
Tart, and take a feather and spread the rose-
water and Sugar on the lid, and set it into the

Duet

Duen againe, and let the sugar harden on the lid, and let it not burne.

How to make a tart of Apples.

Pare your apples and cut away the core, & cut the remnant in smal peices, & seeth them in rosewater or wine til they be soft, & ye must stirre it al the while it seeths, then draw it through a strainer, and season it with sugar, Synamon & ginger, & spread it in your paste: if you wil, ye may serue it in a dish without paste & cut a date or two & lay it on, for a change ye may colour it with Sandwers if you wil.

To make a good tart of Cherries.

Take your cherries and pick out the stones of them: then take raw yolks of egges, and put them into your cherries, then take sugar, Synamon and Ginger, and Cloves, and put to your Cherries & make your Tart with all the Egges, your tart must be of an inch high, when it is made put in your cherries without any liquo: and cast Sugar, Synamon, and ginger vpon it, and close it vp, lay it on a paper, & put it in the Duen, when it is half baken draw it out, and put the liquo: that you let of your cherries into the Tart: then take molten butter, and with a feather anoint your lid therwith. Then take fine beaten Sugar and cast vpon it: then put your Tart into the Duen againe, and let it bake a good while, whē it is baken draw it sooth, & cast Sugar & Rose water vpon it, and serue it in.

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uen againe, and let it bake a good while, whē it is baken draw it sooth, & cast Sugar & Rose water vpon it, and serue it in. 30

To make a tart of Cherries, when the stones be out, another way.

Ceth them in white wine or in Claret, and Straine them thick: when they be sodden: then take two yolks of egges & thicken it withall: then season it with Synamon, Ginger, and Sugar, and bake it, and so serue it.

To make a tart of Damsons.

Seth the Damsons in Wine, and Straine them with a little Creame: then boile your stufse ouer the fire til it be thick, put there to sugar, Synamon, and Ginger, so spred them on your paste, but set it not in the Duen after, but let the paste be baked before.

To make a tart of Egges.

Take twentie yolks of Eggs, and half a pound of butter, and straine them altogether into a plater: then put two good handfuls of sugar in it, sere spoonfuls of Rosewater, and stirre them altogether. Then make your paste with two handfuls of fine flower, and sere yolks of Eggs, and a quarter of a dish of Butter: then make your Tart, and put your stufse therein, and lay your Tart vpon a sheete of Paper, and so put it into the Duen, and when that it is baked enough

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enough, then draw it out of the Duen, and cast a little sugar on it, and so serue it sooth.

To make a good tart of Creame.

Take a quart of Creame, and put in twelve yolkes of egges, and a little Saffron, straine them. Then put it in a pot and boile it, but all the time it standeth on the fire it must be stirred with a sticke for burning. Also ere ye boile it, ye must put a good dish of butter in it, when it is boyled, put in your Sugar, as muche as wil make it sweet: then make your pastye with Butter, Egges, Sugar, with a little Saffron and fine flower, and make your Tart with it and drie it in the Duen, and when it is dry, pat in a little Rosewater and butter, then fill your tart with the stuffe, whē it is strained, so bake it, and when it is baked, sprinkle a little Rosewater and Sugar, and a little Butter molten vpon it.

How to make a tart of Prunes.

Y DU must seeth the prunes with Wyne, then straine them, and season it with Sugar, so bake it with paste, and first prick it in the bottome if that you wil boile your stuffe vpon a chafingdouche, then the lesse baking after Ward. wil serue it.

How to make a tart of Spinnage.

Take some cast creame, and seeth some Spin-

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nage in faire water till it be very soft, then put it into a Collender, that the water may loake from it: then straine the spinnage, and cast the creame together, let there bee good plentie of Spinnage: set it vpon a chafingdish of coales, and put to it Sugar and sems Butter, and let it boyle a while. Then put it in the pastye, and bake it, and cast blanche pouder on it, and so serue it in.

To mke a tart of Veale.

Take two kidneys of Veale and bryolle them, then take off all the skin, and chop the fat verie small, and put two yolkes of egs, a handfull of Corzans, six Dates cut small, two handfulls of sugar, a spoonfull of Walte, a sponefull of Synamon, halfe a sponefull of Ginger, sev're spoonfuls of Rosewater, chop them altogether, then make your Tart of fine pastye, and fill it with your stuffe: then close it with a cover, and strike vpon the lid of your Tart butter that is molten, and cast fyns sugar vpon it, as you doe to a Marchpane, let not your Duen be too hot for it asketh but litle baking.

Ho to make a tart of cheese

M AKE your Tart, and then take Banberry Cheese, and pare away the out side of it and cut the cleane cheeze in small pieces and put them into the Tart, and when your

G

Tart

A new booke

Tart is foil of Chese : then put two handfulls of sugar into your Tart vpon your chese, and cast in it five or sixe spoonfuls of Rosewater, and close it vp with a couer, and with a fether lay sweet molten Butter vpon it, and fine Sugar, and bake it in a soft ouen.

To make a tart of almonds.

Banch almonds and beat them, and strain them fine with good thicke Creame, then put in Sugare and Rosewater, and boyle it thicke, then make your paste with butter, fair water, and the yolks of two or threé Eggs, and be done as ye haue druen your paste, cast on a little sugar, and rosewater, and harden your paste afore in the Ouen. Then take it out, and fill it, and set it in againe, and let it bake till it be wel, and so serue it.

To make a tart of Medlers.

Take medlers that be rotten, & straine them therer set them on a chafingdish of coales, and beat it in two yolks of Egges, and let it boile till it be soft. What thick: then season it with Synamon, Ginger and sugar, and lay it in paste.

To make a tart of hippes.

Take Hippes, slit them, and pick out the kerneles: then seeth them in white wine, or in faire water, when they bee soft sodden, straine them as thyn as you can, and sease them with

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Synamon, ginger and sugar, & lay it in paste.
How to make a Curde tart.

Take Creame, yolkes of eggs, white bread seeth them together, then put in a salwer full of Rosewater or Malynesey, and turne it: and put it into a cloath, when all the whey is out, straine it, and put in Synamon, Ginger, salt, and sugar, then lay it in paste.

To make Lumbardy tarts.

Take beets, chop them small, and so put them grated bread & cheeze, and mingle them wel in the chopping, take a fewe corrauns, and a dish of sweet butter & melt it, then stir al these in the butter, together with threé yolkes of egges, Synamon, ginger, and sugar, and make your tart as larg as you will, and fill it with the stiffe, bake it, and serue it in.

To make a tart of bread.

Take grated bread, and put to it molten butter, and a little Rosewater and sugar, and the yolkes of eggs, and put it into your paste, and bake, and when you serue it, cut it in four quarters and cast sugar on it.

A tart to prouoke courage either in man
or woman,

Take a quart of good wine, and boile therin two Butter rotes scraped cleane, two good Quinces, and a potacion roote well pared,

A new booke

and an ounce of Dates, and when all these are boyled verie tender, let the be drawne through a strainer winc and al, and the put in the yolks of eight eggs, and the braines of thre or four cocke sparrows, and straine them into the other, and a little rose water, and seeth them all with Sugar, Synamon and Ginger, and cloves and mace, and put in a little sweet butter, and set it vpon a chaffingdish of coales between two platters, & so let it boile til it be somthing big.

How to make a tart of Gooseberries.

TAKE Goseberries, and perboile them in white or claret wine, or stronge ale, and withall boyle a little white bread: then take them vp & draw them through a strainer as thick as you can with the yolks of six Egges, then season it vp with sugar, and halfe a dish of butter, and so bake it.

Rosted meats.

To make Allowes of mutton.

TAKE faire Mutton, and cut it thin in flakes then take faire Parsley, Onions, Volkes of Egges, sodden Egges, Marrow, or sweet suet, chop al these together, and so rolls it vp with the mutton, and roste it.

How to roste Gybot of mutton.

Cut the flesh of a leg of Mutton, take out the bone,

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bone, and take the flesh that you cut foorth, and chop it small, and put thereto volks of Egges, cloves and Mace, Corans, Rosemarie, Parsley. Wine and some suet, and mingle them altogether, and put them into a bag and sowe it vp, and so roste it.

How to roste a Hare.

FIRST wash it in faire water, then perboile it and lay in cold water againe, then larde it, and roste it on a brooch. Then to make sauce for it, take red Wnigar, Salt, Pepper, Ginger Cloves, Mace, and put them together. Then mince apples and onions, and frite them in a pan: then put your sauce to them with a little sugar, and let them boyle well together, then baste it vpon your Hare and so serue it foorth.

To roste a Calues head.

MAKE a little hole in the head, & plucke out all the braines, and lay the head to soake: then to make a pudding in it, take white bread, and lay it to soake in milke, and strain it thicke, then take foure volkes of Egges, cloves Mace, Pepper, Saffran, corans, Dates, and a good quantite of Butter, make a good Pudding, and fill the head full: then take the bone, and stop the hole, and whe it is almost enough, cast crummes of bread on it: then cleave it, and make saunce to it with Synamon, sugar, Ging-

er,

A new booke

ger, and vinegar, and boyle them al together, and then you may serue it soorth.

To roste a Capon, Pheasant or partridge.

Roste a capon with his head of, his wings and legges on whole; and pour pheasant in like sort: but when you serue him in, stick one of his feathers vpon his brest: and in lyke maner you must roste a Partridg, but stick vp no feather.

How to roste Venison.

Let your Venison be perboyled, then make hit tender, and cast into it colde water, then Larde it, and roste it, and soz sauce: take broth, vinegar, pepper, cloves and mace, with a little salt, and boyle all thse together, and so vpon your venison serue it.

How to roste a quaille.

Let his legs be broke, and knif one within another, and so roste him.

To roste a Crane, Heron, Curlew
or Bitture.

Roste a crane with his legs turned vp behinde him, his winges cut off at the joint next the bodie, and then wind the necke about the broch, and put the bill into his brest, the Heron Curlew and Bitture, after the same maner, but let the Bittures head be off.

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To roste a Plouer or a Snite.

Take and roste a plouer with his head of, and his legges turned vpward vpon his backe, but the Snite with his bill put into his brest, and his legges turned vpward vpon his brest.

How to roste Woodcocks.

Ducke them, and then draw the guts out of them, but leau the linner still in them, then stiffe them with Larde chopped small, and Juniper berries, with his bil put into his brest and his feet as the Snite, and so roste him on a spit, & set vnder it a faire large pan with white wine in it, & chopped parsley, vinegar, salt, and ginger: then make tostes of white bread, & tost them vpon a girdion, so that they be not burnt: then put these tostes in a dish, & vpon them lay your woodcocks, and put your sauce, being the same broth vpon them, and so serue them soorth.

To seeth fish.

To make fine rice pottage.

Take halfe a pound of Jordan almondes, and half a pound of rice, and a gallon of running water, and a handfull of oke bark, and let the bark be boyled in the running water, and the almondes beaten with the halles and al on, and so strained to make the rice pottage withal.

To make good Leaton pottage.

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Take Eeles and flea them, and cut them in culpins, and cast the into a pot of faire water, and take Parsley and Onions, & thered them together not to smal, & take cloues Pace, powder of Pepper and Dynamion, and cast it thereto, and let them boyle together a whtie; also take a good portion of wine, & thick yest, and put it thereto, and let it boyle together a whtie. Then take saffron, salt, and Vinegar, and cast it thereto, and serue it for good porrage.

How to seeth a Pike.

Take white wine, faire water, vinegar, and a little yest, or else a few gooseberries, boile these together, and before yee seeth your Pike, lay it in vinegar and salt, this is a good broth.

How to seeth a carpe.

YDu must take Red wine, and the bloud of the carp, and a little Vinegar and salt, and let it lie in this a whtie. Then seeth your carpe in it, and put pepper halfe broken in it, and a peece of sweete butter, and make your soppes therewith and serue it in.

How to seeth a Gurnard.

YDu must open your Gurnard in the back, and faire wash and seeth it in water and salt, with the fishe side upward; and when it is sodden well, you may take some of the best of your broth if you will, or else a little faire wa-

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ter, and put to it newe yeast, a little Vergious, parslie, Rosemarie, a little Lime, whole Pace and a piece of sweet Butter: and let it boyle in a pipkin by it selfe till it bee well boyled, and then when you serue in your Gurnard, powre the same broth vpon it.

To seeth fresh Salmon.

Take a little wafer, and as much Beere and salte, and put thereto Parsley, Lime, and Rosemarie, and let all these boyle togeather. Then put in your Salmon, and makis your broth sharpe with some Vinegar.

How to seeth a Breame.

Put White Wine into a pot and let it seeth, then take and cut your Breame in the middest, and put him into the pot: then take an Onion and chop it small, then take Nutmogs beaten, Dynamion and Ginger, whole Pace, & a pound of Butter, and let it boyle altogether and so season it with salt, serue it vpon sops, and garnish it with fruite.

To seeth Roches, Flounders, or Eeles.

Make yee good broth with newe Peast, put thereto Vergious, Salt, Parsley, a littell Lime, and not muche Rosemarie and pepper: so set it on the fire and boyle it, & when it is wel boyled, put in Roches, Flounders, Eeles, and a quantitie of sweet butter.

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How to seeth Stockfish.

TAke Stockfish and water it well, and then put out all the basse from the fishe, then put it into a pipkin, and put in no more water then shall couer it, then set it on the fire, and as soone as it beginneth to boyle on the one side, then turne the other side to the fire, and as soone as it beginneth to boile on the other side, take it of and put it into a Colender, and let the water run out from it, and put in salte in the boyling of it, and take a little faire water and sweete butter, and let it boyl in a dish vntill it be somthing thicke, then poure it on the Stockfish, and so serue it in.

To seeth a Dory or a Mullet.

Make your broth light with yest, somewhat sauoxie with salt, and put therin a little Rosemarie, and when it seeths put in your fish, and let it seeth very softly. Take faire water and bergious a like much, and put thereto a little new yeast, cozrans, whole Pepper, and a little Date, and Dates shred verie smal, and boyle them wel together: and when they be well boyled, take the best of your broth that your fish is sodden in, and put to it Strawberries, Gooseberries, or Barberries, sweets Butter, and some sugar, and so season vp your broth, and poure upon your Dory or Mullet.

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To stewe Herrings.

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TAke ale, and put therin a few onions small cut, & a spoonful of Mustard, great raisons and saffron, & thick it with grated bread: if you will haue puddings in them, take the soft roes of the herrings, & stamp them with a little thick almond milke, and put thereto some Dates or Figs minced, cloues, mace, Sugar, saffron and salt, and some cozrans, and grated bread.

To roste a peece of Stockfish.

TAke a quarter of stockfish and a little grased bread and a little creame, & foure yolkes of eggs, a few Dates minced with cozrans, synamon, ginger, and a little pepper, and so lay it to the fire, & basse it well with Butter and Wi-nigar, & some synamon and ginger in your butter, where with you basse it, and so serue it.

To bake fish.

To make herring pies.

Take herrings and crush them in your hands, so shall you loose the flesh from the skin, save the skin, as whole as ye can, & scrape of all the bl, y none be left therupon: then take a pound of almondes, or as manie as ye bee disposed to make, blanch them, and stamp them, and in the stamping of them, put in one soft roe, and one hard roe, and fynge or six Dates, and a spoon-

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spoonfull or two of grated bread, and a pint of Muscadell to grinde them withall, but ye may not grind them to fine, nor may not make them too moist with your muscadell, but somewhat stiffe, that you may fill the skinnes of your Herrings. Then take Rosewater, and a little saffron to colour Almondes withall, when yee haue ground them. Then put in feure Dates and cut them fine, and a handfull of Currans, and a little sugar, then make fine paste, and rol it as thinne as you can, and strewe thereon a good deale of sugar, then put your Herrings therin, and bake them.

How to bake a Carpe.

Take of the scales, and take sooth the Gall, and with cloves, Mace, and salt, season it and take cozans and prunes, and put about the carpe, and take butter and put it vpon him and let him bake two houres.

How to bake a ioll offresh Salmon.

Take Ginger and salt, and season it, and certayne currans, and cast them about and vnder it, and let the paste be fine, and take a litle Butter and lay about it in the paste, and set it in the ouen two houres, and so serue it in.

How to bake a Breame.

Sale it, and take cloves, Mace, and salt, and put it in fine paste. Then take cozans and

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and set about it, and a good quantite, and put it into the belly of the B about it; let it bake two houres.

How to bake a Gurnard with E

Take certaine Eles and a Gurnard

them into your Coffin, & take cloues and salt, and caste a litle into the bottome of your coffin. Then take the Eles and lay them about the Gurnarde, and the rest of your spice cast about it, and take a quantite of Cozans and Prunes, let it bake thre houres.

How to bake a trout.

Wash it a litle, and take two or three Eles, a few Cloues, mace, ginger, and salt, and season the Trout and the Eles together, and put them in the coffin together and a few Cozans about it, and a quantitic of butter, and let them bake an houre and a halfe.

How to make a good marchpane.

First, take a pound of long smal almonds, blanch them in colde water. Then take a cloth and dry them as dry as you can. Then stamp them small, and put no liquor to them but as you must needs to keape them from oyling, and that litle that ye put to them must be Rosewater, in like maner you shold but wet your Pestels end therin, for feare of putting too much

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for therin: and when you haue beaten
e, take half a round of sugar or more,
þe beaten to smal powder, but it must
gat, & then put it to your Almondes,
them altogether, when they be bea-
tane your wafers and cut them compass-
oe of the bignes þe that you will haue your
Marchpane of. Then so soone as you can after
the tempering of the stiffe, let it be put in paste
of wafers, and strik in abroado with a flat stick
of wood as even as you can, and pinch the very
stiffe as if it were an edge sti on the, put a pa-
per vnder it, & then set it byen a fair board and
lay a Lattine bason bypon it the bottome by-
ward. Then lay burning coales vpon the bot-
tome of your bason, and couer anon lyst vp your
bason to see how it baketh: and if it happen to
be browne, or to brown too fast in some places
fold paper as broade as that place is, and this
well tended, þe shal bake one in little more then
þre quarters of an houre: when it is baked,
put on your gold and your biskets, and stick in
long comfets, and then shall yee make a good
Marchpane: But before that ye bake it, yee
must cast on it fine sugar and Rosewater, and
that wil make him to crisper like unto yse, like-
wise you must haue a hoope so to make your
Marchpane in.

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To make good Restons.

Take a quart of fine flower, lay i.
þowd, and make a hole in the mu-
ller with your hand, and put a sa-
le Pest therein, and ten yolkes of
þut the reto two spoonesfulls of Synamon,
one of Ginger, and a spoonesfull of cloue.
Pace and a quarterne of Sugar fine beaten
and a little saffron, and halfe a spoonesfull of
salt. Then take a dishfull of Butter, melt it
and put into your flower, and therwithal make
your paste as it were for manchets, and mould
it a goed while and cut it in þaces the bignes
of Ducks egges, and so moule ouerþe þace
as a manchet, and make them after the fashon
fan a crow broad aboue, and narrow beneath
Then set them in an Duen, and let them bake
þre quarters of an houre. Then take þre dis-
hes of butter and clarifie it clean vpon a soft
þre: then drawe forth your Restons forth of
þe Duen, and scrape the bottoms of them faire
and cut them ouerþwart in feure þieces, and
put them in a faire charger, and put your clar-
ified butter vpon them. Then haue powder of
Synamon and Ginger readie by you, and Sug-
ar verie fine: and mingle þe altogether, and
þer as you set your þieces thence, togeather
all some of your sugar, Synamon & ginger vp-
on.

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id when you have set them al vp, lay faire platter, and put a little butter i, and cast a littl sugar vpon them, & em in.

How to make a Vaunt.

Take marow of Beefe, as muche as you can hold in beth your hands, cut it as big as great dice. Then take ten Dates, cut them as big as smal dice: then take thir-
tie prunes, and cut the fruite from the stones, then take halfe a handfull of Coxrans. Washe them and picke them, then put your marrow in a cleane platter, and your dates, prunes, and Coxrans: then take ten yolkes of Egs, and put into your stufte afore rehearsed. Then take a quarterne of sugar, and moze, and beat it smal and put to your marrow. Then take two spoon-
fuls of Sianamon, and a spoonful of sugar, and put them to your stufte, and mingle them alto-
gether, then take eight yolkes of egs, and fourre
spoonfuls of Rose water, strain them, and put a
little sugar to it. Then take a fayre frysing pan,
and put a littl pæce of butter in it, as much as
a Walnut, and set it on a good fyre, and when
it looketh almost blacke, put it out of your pan,
and as fast as you can, put halfe of the yolkes of
Egs, into the midst of your pan, and let it run
all the bredth of your pan, and frie it faire and
yel-

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yellowe, and when it is fryed, put it in a faire dish, and put your stufte therein and spread it al the bottom of the dish, and then make another vaunt even as you made the other, and set it vpon a faire bord, and cut it in faire slices, of the breadth of your little finger, as long as your Vaunt is: then lay it vpon your stufte after the fashion of a lattice window, and the cut off the ends of them, as much as lyeth without the inward compasse of the dish. Then set the dishe within the Duen oz in a baking pan, and let it bake with leisure, and whē it is baked enough the marrow will come faire out of the vaunt, vnto the brim of the dish. The draw it out, and cast theron a little sugar, and so you may serue it in.

How to make Frians.

Take thre handfull of flower, seuen yolkes of eges, and halfe a dishe of Butter, make your pastel therwith, and make two Chew-
ets therof, as you woulde make two tarts, and when it is dryen verie fine with your rolling
pin, then cut them in pœces of the bignesse of
your hand. Then take a quartern of sugar, and
one ounce and fourre spoonfuls of sianamon, and
halfe a spoonfull of Ginger, and mingle them
altogether, then take lumps of marrow, of the
quantite of your finger, and put it on your pœ-

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cea.

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es of paste afore rehearsed, and put vpō it two
pounſals of your ſugar and ſpices: then take a
little water and wet your paſte therewith: then
make them euē as ye would make a paſtie of
Veniſon: then prick them with a pin, and frie
them as ye frie fritters, when they be fried, caſt
a little ſugar on them, and ſo ſerue them in.

How to make frians in Lent.

Take Walsome Geles and ſee they be fat, and
cut the fish from the bone, and mince it ſmal
and a Warden or two with it. Then ſeafon it
with Pepper, ſalt, cloues, mace, and Haſſron:
then put to it cozrans, Dates, and Punces,
ſmal minced, and whē your fruit is alſogether
then poure on a little Vergious and cut it in li-
tle pieces, and ſo bake it. & put a piece of But-
ter in the midſt of the pieces to make it moylſt,
ſo close it, and bake it.

How to make Snowe.

Take a quart of thicke cream, and five or
ſixe whites of eggs, a ſaucerfull of ſugar,
and a ſaucerfull of Roſewater, beate altogethe-
ther, and ſuer as it riſeth take it out with a
ſpoone: then take a loafe of bread, cut away the
croſt, and ſet it upright in a platter. Then ſet a
faire great Roſemarie buſhe in the midſt of
your bread: then lay your ſnow with a ſpoon up-
on your reſemary, & upon your bread, & gilt it.

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To make a good Gellie.

First, take fourre Calues ſete, and ſcalde o-
the haire of them: then bath them in faire
water til they be tender. Then take out your
ſete, and let your broth ſtand till it be cold: then
ye shall take of clean the ſete from it, and then
put Claret wine and a little Palmeſey to it: if
ye haue a pottel of Gellie water: then put to it
a quart of wine, and a pint of Palmeſey, then
feafon it with ſalt, and put thereto one pound of
Sugar, one ounce of Ginger, one ſounce and a
halfe of DINAMON, twelve cloues, twelve pep-
per cornes, and a little Haſſron, ſo boile all to-
gether: then take a good ſaucerfull of Vinegar
and lay your turnsall therein: and then put it
to your Gellie, til it be ſomewhat keeleſt, then
put in your whites of eggs, and let al theſe boil
together. Then ſet all thys by, and within a
while let it run through your bag.

To make Gellie both white and red.

Take fourre Calues ſete, ſcalde them verie
cleane, and cut them in the midſt, and as
neare as ye can, take away al the fat cleane
of the jointes, and let the ſete lie in faire water
fourre or ſixe houres, & change the water often.
Then take a clean pot, and put your ſete in it;
and put to them thre quarts of faire water, and

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Sum it verie cleane, euer as any fat doeth rise
let it bee taken away, and so let it sathe till the
third part of your liquoꝝ be sodden away, and
your feet very tender, then take it from the fire
and let the liquoꝝ run through a strainer into a
faire earthen pan, and set the pan in some cold
place that it may be stiffe: and when it is stiffe
take a sharp knife and cut away the uppermost
of the gellie as thin as you can, then denide your
gellie in the pan, & put it in two earthen pots:
take thre ounces of sinammon large, and wash
it verie cleane: then breake it of the bignesse of
a penie. Take of case Ginger almost an ounce
and pare it cleane, then cut it as much as if you
would eat it with figs: then take two nutmegs
and cut them in four or five peeces: and put all
this in one of your pots, and put thereto a pound
of ſugar, as ye think good, and put thereto a
ſaucerfull of white Winiger, and a little fayre
white ſalt, faire picked, and very clean: then set
your pot in a ſoft fire, and ſo let it ſew but not
ſeeth, and let the pot be couered verie close, whe
it hath ſtued a while, with a ſpoone assay it whe
ther it beлаſhy in the mouth, iſ it be, put in a li
tle moze Sinammon, and iſ it be hot of the ſpice,
put in a pint of white wine, and let it ſew a
while. Then take the pot from the fire, and let
it ſtand till it be between hot and cold, then take
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the whites of ten Egs, and beat them well, and
put them into the pot, but ſee that your liquoꝝ
be not too hot, nor too cold, when you put them
in. Then ſet your pot to the fire again, & when
the Egs be hardened, with a ſpoone take them
cleane off, and ſet the pot from the fire, ere ye
take of the whites. Then haue your gelly bag
clean, and hang it in a fair place, and put in the
bottome of your bag a little Margerana, and ſo
let it run through your bag thre or foure times
or moxe if neede require, but keepe alwaies a
cleane cloth ouer the mouth of your bag, then
caſt your diſhes, when all is runne out, be wel
ware ye haue no dust when it runneth, or whe
you ſhal caſt it, and haue a little fire beſide your
bagge, when it is running, make your red gel
lie of your other pot, and ſeason it as ye did the
white gellie, and doo thereto in the putting in
of the Egs as ye did before. But for the Nut
megs ye muſt take twentie cloues bruised, and
beware ye make not too deep a colour of your
Turnesal at the firſt, but take of it by little and
little at once, and put in the bottome of your bag
a little Rosemary, & ſo uſe it els in euerie thing
as ye uſed the white.

To make gelly with flesh.
Take knuckles of Meal, and cut the ioints al
to peeces, and lay them in faire water the
space

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space of an houre, then wash them cleane, and lay them in faire water again the space of half an houre. Then take a faire pot and put your flesh in it: then fill your pot with Claret wine and water, and set it to the fire, and scum it as clean as ye can: then let it boyle as softly as ye can, for the sooner it is boyled the longer it will bee ere it come to a Gellie: therefore it must boyle but softlye, when it is boyled, straine the liquor into a fair boll, and when it is cold, take off the greace that lyeth vpon it: then take of the clearest of the stiffe, and put it in a faire pot and seeth it, and then put in your Sugar: then take Dynamon, graines, cloves, long Pepper, Nutmegs and ginger, of each of these a quantite, then braise them, and scaree out the smal Spices, and put the greatest into your pot, when it boyleth, put in whites of Eggs beaten: Then take a Scummet and scum them as they rise, and drye your Turnesall by the fyre, and rub it cleane, and colour your Gellie therewith, then take your bag, and put Rosemarie in the bottome of it, and hang it by the fire side, and let your gellie runne two times through your bag into a faire vessell.

To make gellie with fish.

Take Tenches and scalde them, and drawe them and wash them cleane: then put your

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Tenches into a fair pot: then take white wine or claret and fill your pot therewith: then take Ilenbras as much as ye think best. Then take your pot and set it on the fire, and let it boyl the space of an hower and a half: then take it from the fire, and let your liquor run through a strainer, then let your liquor stand till it bee colde. Then order it in euerie point as ye did the other before that is made with flesh.

All necessaries apperteyning
to a Banquet.

Synamon, Sugar, Nutmegs, Pepper, Saffron, Saunders, Coleander, Anniseeds, Licoraz, al kind of Comfets, Drenge, Pomegranate, Turnesall, Lemmons, Prunes, Corans, Barberries conserued, Paper white and browne: seeds, Rosewater Raisons, Rose flower, Ginger, Cloves and mace, Damask water, Dates, Cherries conserued, sweete Drenge, Wafers for your Marchpanes, seasoned and unseasoned Spinndges.

To make a Tyssan.

Take a pinte of Barley being picked, sprinkled with faire water, so put it in a faire stone morter, and with your pestel rub the bar-

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ley

A new booke

Iey, and that wil make it tuske, then pick out
the barley from the huskes, and set your barley
on the fire in a gallon of faire water, so let it
seeth til it come to a pottell: then put into your
water, Succory, Endive, Cinkefoyle, violet
leaves, of each one handfull, one ounce of annis
seeds, one ounce of liquoris bruised, and thirtie
great raisons, so let all this geare seeth till it
come to a quart: then take it of, let it stand and
settle, and so take of the clearest of it, and let it
be strained, and when you haue strained the
clearest of it, then let it stand a god pretie while.
Then put in fourre whites of Egges al to beate n,
shels and all, then stir it well together, so set it
on the fire againe, let it seeth, and euer as the
scum dooth rise take it of, and so let it seeth a
while: then let it run through a strainer or an
Iporcas bagge, and drinke of it in the morning
warme.

How to clarifie Whey.

Take the iuyce of Sumentorrie, halfe a pint of
the iuyce of Horage, of Endive, of the ten-
ding of hoppes, of each of them a quarter of a
pinte, then put al these iuices to a pottle of whey
with three whites of Egges beaten, and with
Sugar sufficient: then boyle them on an easie
fire, take away the scum of it as it riseth, and
when it is cold let it run through a sayle stray-
ner:

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ner, take thereof every morning halfe a pinte,
and before supper as much: this wil pure your
blood, and wil continuall good fourre daies.

How to make fillets Gallantine.

Take faire Pork, and take of the skin and
rost it halfe enough, then take it off the
spit, and smite it in faire peeces, and cast
it in a faire pot: then eat Onions, but not
too small, and frie them in faire suet, put them
into the Piske, then take the broth of Beefe or
Mutton and put thereto, and set them on the
spit, and put thereto powder of Pepper, Saffron,
cloues and Mace, and let them boile well
together. Then take faire bread and Winigar,
& steep the bread with some of the same broth,
straine it, and some blood withall, or els saun-
ders, and colour it with that, and let all boyle
together, then cast in a little Saffron, and salte,
and then may you serue it in.

How to make Gallantine.

Take tostes of white bread, boile the on a
chafingdiall of coals, with binigar whē it
hath sooked afore in the vinigar, and in þ
boiling put in a branch of Rosemarie, Sugar,
Synamon and Ginger, straine it, and serue it.

How to make tostes of Veale.

Take the kidneyes, choppe them verie small,
then put to it fourre or five volkes of Egges,
þryes

A few booke

Three spoonesfull of sugar, a little synammon and
Ginger, a spoonesfull of Cozranc cleane wa-
shed and picked, choppe them altogether, then
make sops of stale white breade, and lay your
fuffe vpon them, and take a frysing pan and a
dish of sweet Butter in it, and melt it: then put
in your tolls and frye them vpon a soft fire: then
lay them in a dish, and cast sugar on them, your
fire must be verie soft, or els they will burne,

To make an apple moyse.

Take apples, and cut them in two or four
peeces, boyle them till they bee soft, and
bruise them in a morter, and put thereto
the yolkes of two Eggs, and a little sweet butter,
set them on a chaffingdish of coales, and boyle
them a little, and put thereto a litle sugar,
synammon and ginger, and so serue them in.

To make Pescods.

Take your past with fine flower, & yolkes
of Eggs, make it shor and drine it thinne.
Then take Dates, Cozranc & marrowe,
and cut them like Dice, and season them with
salt because of the marrow a little: then put in
Synammon, sugar and Ginger, make your past
as you do for the Frians in Butter or suet, and
serue them in.

To make pescods another way.

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Take apples, and mince them small, take
Figs, Dates, Cozranc, great Raisons, Si-
namon, Ginger, and sugar, mince them, and
put them all together, and make them in lytle
flat peeces, and fry them in butter and Dyle,

Pettie seruices.

Take faire flower, Saffron and sugar, make
thereof paste, and make thereof coffins, and
take the yolkes of Eggs tried from the whites,
and see the yolkes be all whole. Then lay thre
or fourre eggs in the coffin, and two or three pee-
ces of marrow: then take powder of Ginger,
sugar and cozranc, and roll the marrow in it,
and put all in the pie, and couer it, or bake it in
a pan.

To make Spanish balles.

Take a peice of a leg of Nutton, and pare a
way the skin from the flesh, chop the flesh
very small: then take marrow of beese, and cut
it as big as a hasell nut, & take as much of mar-
row in quantity as yee haue of flesh, & put both
in a fair platter, and some salt, and eight yolkes
of eggs, and stirre them wel together: then take
a litle earthen pot, and put in it a pint and a
halfe of beese broth that is not salt, or else Nut-
ton broth and make it seeth: then make balles
of your fuffe, and put them in boylng broth

one

A new booke

one after another, and let them lie we softly the space of two houres, Then lay them on soppes three or four in a dish, and of the uppermost of the broth vpon the sops, and make your balles as big as tennis balles.

To make balles of Italie.

Take a peece of a legge of Veale, perboyle it, then pare away al the skin and sinewes, and chop the Veale very small, a little salt and pepper, two yolks of Egges hard rosted, and seven yolks raw, temper all these with your Veale, then make balles therof as big as Walnuts, and boyle them in beefe broth, or mutton broth as ye bid the other before rehearsed, and put into your broth ten beaten cloues, a race of Ginger, a little Vergious, fourre or fine lumps of marrow whole, let them liue the space of an houre: then serue them vpon sops, eight or nine in a dish, and betwixt the balles you must laye the lumps of marrow.

To make almond butter after the best

and newest maner.

Take a pound of almonds or more as ye wil, blanch them in cold water, & in warme, as ye may haue leysure: after the blanching, let them lie an houre in cold water: then stampe them in fair cold water as fine as ye can: then put your almondes in a cloth, and gather your cloth

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cloth rounnd vp in your hands, and presse out the milke as much as you can, if ye thinke they be not smal enough, beat them againe, and so get out milke as long as you can. Then set it on the fire, and when it is ready to seeth, put in a good quantitie of Salt, and Rosewater, that will turne it, and after that it is in, let it haue one boyling, and then take it from the fire, and caste it abroade vpon a linnen cloth, and underneath the cloth, scrape off the whey as long as it will runne. Then scrape together the butter into the midst of your cloth, and binde the cloth together, and let it hang so long as it will drop. Then take pieces of Sugar, as much as ye think will make it sweet, and put thereto Rosewater a little, as much as wil melt the Sugar, and fine powder of saffron, as ye think wil colour it, and let both your Sugar and Saffron steepe together in that little quantitie of Rosewater, & with that season vp your butter when you wil make it.

How to make Ipocras.

Take of chosen Cinamon two ounces, of fine Ginger one ounce, of graines half an ounce of Nutmegs half an ounce, bruise them al, and stampe them in three or four pynches of good oifferous wine, with a pound of Sugar, by the space of four and twenty houres: then put them into

A new booke

Into an Ipocras bag of woollen, and so receive
the liquor: The readiest and best way is to put
the spices with the pound of Sugar, & the wine
into a bottel, or a stone pot stopped close, and af-
ter xxxiiii hours it wil be ready, then cast a thin
linnen cloth, and letting so much run threough
as ye wil occupie at once, and keepe the vessell
close, for it will so well keepe both the spirite,
dour, and vertue of the wine, and also spices.

To make Ipocras anotherway.

Take a gallon of wine, an ounce of sallamon
two ounces of ginger, one pound of Sugar,
twentie cloves bruised, and twentie cornes of
pepper big beaten, let all these soake together
one night, & then let it run through a bag, and
it will be good Ipocras.

To make Eggs vpon sops.

Take Eggs and potch them as soft as ye can,
then take a fine manchet, and make soppes
therof, and put your sops in a dish, and put ver-
gious thereto and Sugar, and a little Butter:
then set it to the fire, and let it boile: then take
your eggs and lay them vpon your sops, and cast
a little chopt Parslie vppon them, and so serue
them in.

To make Eggs in Lent.

Take Hennes Egges, and put out cleane the
white and the yolke. Then wash your hel-
clean,

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clean, and take almond milke, and seeth it with
Isanglas, or of the broth of a Pike or a Tench,
and when it is sodden, take it off, but before yee
take it from the fire, ye must season it with su-
gar and salt, and fill your egge shels before the
milke be cold. Then make a hole in the Egge
aboue, and cut out so much of the white as yee
wil make your yolks, then colour your mylke
that he left afore with Saffron, like the yolk of
an egge, and fill vp the hole againe therewith,
and let it stand til it be occupied.

How to make caste creame.

Take milke as it commeth from the Cow, a
quart or lesse, and put thereto raw yolks of
Egges, temper the milke and the egges toge-
ther. Then set them so tempered vpon a cha-
fingdish of coales, and stirre it still, and put su-
gar to it, and see if curd not, and it will be like
creame of Almonds: when it is boyled thicke
enough, then caste a little sugar on it, and spyn-
kle Rosewater vpon it, and so serue it in.

To make caste Creame another way.

Take the milke that is milked ouer night, &
scum off the Cream, then take the milk and
the whites of egges, straine them together, and
two yolks of egges mingled together, and boyle
them altogether vntill they turn to a Curde,
then put thereto a quantitie of Vergious,
and

A new booke

and then it will turne: then take the same, and put it in a linnen cloth, and hang it vpon a pin a little while, & let the whey run from it. Then take it downe and straine it into a platter, and season it with a little Rosewater and Sugar, and so serue it.

To make clowted Cream after Mistres Horsinans way.

When you haue taken the milke from the Kine, straight set it on the fire, but see that your fire bee without smoake, and soft fire, and so keepe it on from morning till it be night, or nigh therabout, and ye muste be care that it doth not seeth all that while, and ye must let your milke be set on the fire, in a broad a vessell as you can. Then take it from the fire, and set it vpon a boord, and let it stand al night: the in the morning take off the cream and put it in a dish, or wher ye wil.

How to make Creame of Almonds.

Take thick Almond milke, and saeth it a lytle, then take it from the fire, and coerne it with salt and vinigre. Then cast it in a cloth, and with a little knife scrape in vnder the cloth and there will come out whey. Then put the Creame together in the midst of the cloth, and hang it on a pin, and let more whey drop out til ye thinke it be well. Then put it in a vessell,

and

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and puf to it sugar plentie, if it hange too long that it be too drye: then temper it with swete wine, and dress it if you wil with smal raisins and lay it like morterels, or els put it abroade, and lay boage braves vpon it, or els red compotes, and so straine it in.

How to make a good posset curde.

Take your milke and set it on the fire, and let it sith put in volkes of eggs according to the quantity of your milke: but see that your eggs be tempered with some of the milke ere ye put them to the milke that is on the fire or els it will fall together and mar all, and ye must stirre it wel til it seeth and begin to ryse. Then take it off from the fire, but before ye take it off, haue your dynke ready in a fair bason, on a chafingdish of coales, and poure the milke into the bason as it standeth ouer the chafingdish w fire, so cover it, & let it stand a while. Then take it vp and cast on Synamon and suger and so serue it in.

Mistress Drakes way to make soft Cheese
all the yeere through, that it shall
be like iowen Cheese.

Take your milke as it commeth from the Cow, and put it in a vessell til it be cold, then take as much faire water, and set it on the fire wch your water is warm, put so much of your

G

water

A new booke

water is warme, put so much of your water in
that milk as wil warme the milk. Then take
a spoonefull of runnet and moze, and put into
your milke, and make your Cheese, and put it
into a faire cloth, and so put it into the presse, &
turne it in the presse often, and wipe it wyth
faire clothes, as often as ye turne it.

To make Fritters.

Take a pinte of Ale . and soure volkes of
Egges, and a little saffron , a spoonful of
Cloues and mace, and a little salte, and halfe a
handfull of sugar , put all this in a faire platter,
and stirre them all together with a spoon,
and make your batter therewith. Then take ten
Apples, pare and cut them as big as a groate,
put them in your batter: then take your suet
set it on the fire, & when it is hot, put your bat-
ter, & your apples to your suet with your hand
one by one, and when they be faire and yellow
take them out, and lay them in a faire platter,
and let them stand a little while by the fire few.
Then take a fair platter, and lay your fritters
therin, and caste a little sugar on them, and
serue them in.

To make Curde Fritters.

Take the volks of ten Eggs, and breake them
a pan , & put to them one handfull of Curde
and one handfull of fine flower, and straine the

Of Cookery.

alltogether, and make batter, and if it be not
thicke enough, put more Curdes in it, and salt
to it. Then set it on the fire in a frying panne,
with such stufse as ye will fry them with, and
when it is hot, with a ladle take part of your
batter, and put of it into your panne, and let
it run as small as you can, & stir the with a stick
and turne them with a scummer, & when they
be faire and yellow froyed, take them out, & cast
sugar vpon them, and serue them forth.

To make Fritters with marrow.

Take three handfuls of fine flower and more
and lay it in a faire platter , and put thereto
six volks of Eggs and almoſt a pint of ale, and
a good handful of Sugar, and two spoonfuls of
Sinanion, and a spoonful of Ginger, and halfe
a spoonfull of cloues and mace, a little salte,
and a little saffron to colour it withall. Then
take a spoon, and stir all these forr said things
together : and make your batter therewith:
then take your marrow , and cut it of the big-
nesse of a groat: then haue a frying pan ready
with swēt suet therein, and set it to the fyre,
and when it is hot dip your marrow in the bat-
ter, and put it into the pan peice by peice , and
ever be stirring them with a stick, and whē they
be froyed, take the out of your pan with a scum-
mer, and lay them in a faire platter, and take

Sugar, Synamon and Ginger, and cast vpon
them, and so serue them in.

How to make Stocke Frittors.

Take a handful of Marrow, or the kidneyes
of a Calfe, chop them small. Then take ten
yolks of egges and put them in your marrow or
kidneyes. Then take a handfull of Corzans,
and wash them cleane, put them to your stuffe
and take ten dates and cut them smal, and put
them to your stuffe, and take two handfulls of
grated bread, two spoonful of Ginger, and one
spoonfull of synamon, and a spoonfull of cloves
and mace a quarter of Sugar and a little Saffron,
and mingle your splices and stuffe together
in a fair platter: then take two handfuls of fine
Flour, and sixe yolks of egges, and make your
batter therewith with ale and Saffron. Then
make of your stuffe afore rehearsed little pilles
as bigge as a walnut. Then haue a frying pan
readie with faire suet therein vpon the fire, and
when it is hot dip your pilles into your batter,
and put them into your frying pan, & fry them
as ye would frye frittors, and that done, put the
in a platter, and cast a little Synamon, Sugar,
and Ginger vpon them, and so serue them in.

How to make Frittors with Apples.

Take fine flower, and temper it with Butter
and a litle salt, and make a batter, and take
a berie

a very little saffron to colour your batter with-
all, and when your batter is made, straine it
through a strainer, then cut your apples of the
bignes of a groat, and put them to your batter
then put your suet to the fire, and when it is
hot, put a peece of your apples to your suet, and
if it rise quicklie, then your stuffe is well sea-
ned, if it abide in the bottome, then it is not
halfe enough: therfore when it riseth from the
bottome, fill pour pan one after another as fast
as ye can, and when they are faire coloured,
take the out with a scummer, and put them in
a platter, and alwaies whiles they are in the
pan stirre them with a stick, and looke that ye
haue liquor enough. Then take your frittors,
and put them in a fair platter, and then scrape
Sugar enough vpon them.

How to make frittors of spinage.

Take a good deale of Spinage, and wash
it cleane, and boyle it in faire water, and
when it is boyled, put it in a collender, &
let it coole. Then wryng all the water out of it
as neare as ye can, lay it vpon a board, and chop
it with the back of a chopping knife very smal
and put it in a platter, and put to it four whites
of Eggs, and two yolks, and the crums of half a
manchet grated, and a litle synamon and gin-
ger, and stirre them wel together with a spoon

A new booke

and take a frying pan and a dish of sweet Butter in it, when it is molten put handsomely in your pan halfe a spoonful of your stiffe, and so be stowe the rest after, frye them on a soft fire, and turn them when time is, lay them in a platter, and cast sugar on them.

To make Pancakes.

Take new thicke Creame a pint, soure or fise yolks of eggs, a good handfull of flower and two or three spoonfuls of ale, strain them together into a faire platter, and season it with a good handfull of sugar, a spoonful of Synamon, and a little Ginger: then take a frying pan, and put in a litle peece of Butter, as big as your thumb, and when it is molten brold, cast it out of your pan, and with a ladle put to the further side of your pan some of your stiffe, and hold your pan aslope, so that your stiffe may run abroad ouer all the pan as thin as may be: then set it to the fire, and let the fyre be verie soft, and when the one side is bakēd, then turn the other, and bake them as dry as ys can without burning.

To make good white puddings.

See that your livers bee not too much parboyled. Then take of the livers and lights, let them be picked & chopped with knives, & stamp them in a morter, & straine them

through

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through a Collender, and put some milk to it, to help to get it through, then put four or five Eggs and but fise Whites, and put in crums of bread, Cloues, Mace, Saffron salt, and some Pepper, and sweet suet small minced, and let there be enough of it, and so still fill them vp, and to black puddings, ofemeale, milk & salt.

To make Puddings.

Take grafted bread, the yolks of six eggs, a litle Synamon and salt, Corraus, one minced Date, and the suet of mutton minced smal, knead all these together, and make them vp in litle ballis, boyle them on a chafingdish with a litle Butter and Vnigar, cast Synamon and sugar thereon, and so serue them in.

To make Ising puddings.

Take a platter full of otemeale grotes cleane picked, and put thereto of the best Creame sodden that ye can get, blood warme, as much as shall couer the grotes, and so let them lys and soake three houres, or somewhat more, till they haue drunke vp the cream, and the grotes swollen and soft withall. Then take six egges whites and yolkes, and straine them faire into your grotes: then take one platterful and a half of beefe suet, the skin cleane pulled from it, and as small minced as is possible. So that when ye haue minced it, you must largelie haue

one platterfull and a halfe, & rather more than
lesse: then mingle these wel among your grots
then season them with some salt and some saffron: if ys will put in cloves and mace: then
fill your Puddings but not too ful, and see they
be faire washed and sweet, and beware ye pull
not away to much of the fat within, for the fat-
ter they be within, the better it is for the pud-
dings: also if ye finde too much creame left a-
mong the grots, after they haue lincoure
houtes: then put out part of it, and so seeth vp
your puddings.

How to make a tansey.

Take a little Tansey, fetherfew, parsley, and
violets, and stampe them all together, and
straine them with the yolkes of eight or nine
Egges, and three or four white, & some Ver-
gious, and put thereto sugar and salt, and sie-
ve it.

How to make a tansey another way.

Take halfe a handful of Tansey, of the yolk
est ye can get, and a handfull of yong bo-
rage, strawberry leaues, Lettice, and violet
leaues, and wash them cleane, and beat them
very small in a morter: then put to them eight
Egges whites and all, and sixe yolks besides,
and straine them all together through a strai-
ner: then season it with a good handfull of su-
ger,

gar, and a Nutmeg beaten small. Then take
a frying pan, and halfe a dish of sweet Butter,
and melt it: then put your Eggs to it, set it on
the fire, and with a saucer, or with a ladle, stir
them till they be half baked: then put them in-
to a platter, and all to beate them still till they
be very small: then take your frying pan made
cleane, and put a dish of sweet butter in it, and
melt it: then put your stuffe into your pan by a
spoonfull at once, and when the one side is fri-
ed, turn them and fry them together: then take
them out, lay them in a platter, and scrape su-
gar on them.

How to make a tansey in Lent.

Take all maner of heards, and the spawn
of a Pike, or of any other fish, and blan-
ched almonds, and a few crums of bread
and a little faire water and a pinte of Rosewa-
ter, and mingle altogether, and make it not too
thin, and frie it in in Oyle, and so serue it in.

The making of fine manchet.

Take halfe a bushell offine flower twise
beaulted, and a gallon of faire luke warm
water, almost a handfull of white salte, &
almost a pinte of yest, then temper all
these together, without anis more liquor, as
hard as ye can handle it: then let it lie half an
hour

A new booke

hower, then take it vp, and make your Man-
chets, and let them stand almost an hower in
the ouen. Rembrandum, that of euery bushel
of meale may be made fyne and twenty cast of
bread, and eurie loafe to way a pound beside
the chesell.

The making of manchers after my

Ladic Graies way.

Take two pecks of fyne flower, which must be
twise houlded, if you will haue your manchet
very faire: Then lay it in a place where ye doe
vs: to lay your dowe for your breađ, and make
a litle hole in it, and take a quart of fair water
blood warme, and put in that water as much
leauen as a crab, or a prettie big apple, and as
much white salt as will into an Egshell, and
all to breake your leuen in the water, and put
into your flower halfe a pinte of good ale yest,
and so stir this liquoř among a litle of your flo-
wer, so that ye must make it but thin at the first
metting, and then couer it with flower, and if
it be in the winter, ye must keep it very warm
and in summer it shall not need so much heate,
for in the winter it will not rise without
warmeth. Thus let it lie twa hawers and a
halfe: then at the second opening take more li-
quoř as ye thinke will serue to wet al the flow-
er. Then put in a pinte and a halfe of good yest
and

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and so all to breake it in shott peeces, after yee
hane well laboured it, and wrought it fyne or
sire tyme, so that yee bee sure it is throughlie
mingled together, so continue labouring it, til
it come to a smooch pastē, and be well ware at
the second opening that ye put not in too much
liquoř sodenlie, for then it wil run & if yee take
a little it wil be stiffe, and after the second wor-
king it must lie a god quarter of an houre, and
keep it warme: then take it vp to the moulding
board, and with as much spedē as is possible to
be made, mould it vp, and set it into the ouen,
of one pecke of flower ye may make ten cast of
Manchets faire and good.

To make short cakes.

Take wheat flower of the fairest yee can get,
and put it in an earthen pot, and stop it close,
and set it in an Ouen and bake it, and whē it
is baked, it will be full of clođs, and therefore
ye must searce it through a searce: the flower
will haue as long baking as a passie of Men-
son. When you haue doone this, take clowded
creame, or els sweete Butter, but creame is
better, then take sugar, Cloues, Mace and
saffron, and the yolke of an Egge, for one doc-
zen of Cakes one yolke is enough: then put al
these foresaid things together into the cream, &
leper the altogether, shē put the to your flower

and

A new booke

and so make your cakes, your pastē wſl be veri ſhort, therefore yee muſt make your cakes very little: when yee bake your cakes, ye muſt bake them vpon papers, after the drawing of a batch of bread.

How to make leauened bread.

Take ſix yolkes of Egges, and a little peece of Butter as big as a Walnut, one handful of berie fine flower, and make al theſe in pastē, and all to beat it with a rolling pin, til it be as thin as a paper leaf, then take ſweete Butter and melt it, and rub ouer all your pastē therewith, with a feather: then roll vp your pastē ſoftly as ye would roll vp a ſcroll of paper, then cut them in pieces of thre inches long, and make them flat with your hands, and lay them vpō a ſheet of cleane paper, and bake them in an oven or panne, but the Ouen may not bee too hot, and they muſt bake halfe an houre, then take ſome ſweete butter and melt it, and put that into your pastē when it commeth out of the Ouen, and whē they are very wet, ſo that they be not drye, take them out of your butter, and laye them in a faire dish, and cast vpon them a little ſugar, and if you please ſennamē and ginger, and ſerue them foorth.

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How to make buttered Beere. 53
Take thre pintaſ of Beere, put fine volkes of Egges to it, strains them together, and ſet it in a pewter pot to the fire, and put to it halfe a pound of ſugar, one penneworth of Putmegs beaten, one penneworth of Cloues beaten, and a halfe penneworth of ginger beaſen and when it is all in, take another pewter pot and brewe them together, and ſet it to the fire againe, and when it is ready to boyle, take it from the fire, and put a dish of ſweet butter into it, and brewe them together out of one pot into another.

A Purgation.

Take an ounce of ſenne, and as muche of Polipody, bruife them, and lay them in ſteep with a little Anniseed, and a little Ginger, bruife in thre partes of a pinte of white wine, ſo let it lie al a day or a night: then ſeeth it to a quarter of a pinte, and in the morning drink it early.

Cancer, Scropio, and Pisces: theſe thre bee the beſt ſignes to take purgations in.

The



The order howe all maner
of meates should be serued to the table,
with their proper sawces both for
flesh and fish.

For flesh daies at dinner.

The first course.

Pottake or stewed broth, Boyled meat &
stewed meat, Chickens and Bacon, Powdered
Beef, Pies Geese, Pigge, rosted Beef,
Roasted veale, Custard.

The second course.

Roasted Lambe, roasted Capons, Roasted
Conies, Chickens, Peahennes, Baked Venison,
Tart.

The first course at Supper.

A Hallet, a Pighs Pettoe, powdered Beef
slicid, a shoulder of Buttton or a breast, Beale,
Lambe, Custard.

The second course.

Capons roasted, Conies roasted, Chickens
roasted, Pigeons roasted, Larks roasted, a pie

The table of all the prin-
cipall matters contained in
this booke.

To boile Mutton sea- uen sundry waies		To boile tripes, pigs pe- titoes, or Meats feete. 8
sol. 1		To boile pigs petitoes another way. 10
To boile mutton for a sick body. 2		To boile chickens after the French. 10
Dishes of Mutton. 3		To boile tripes after the fashion. 10
To boile a Capon with Drengez after mynes Duffieldes way. 10		How to make Longworts. 10
To boile a Capon in whitz broth toare ma- ner of waies. 3.4.		Triped mutton. 10
Sops for a capon 4		To boile a Lambs head and purtenance. 10
Sops for Chickens. 5		To boile quailles. 9
To boile a mallard two sundry waies. 10		To lincere a Conie. 10
To boile a Ducke. 10		For to make Hodgepot t two waies. 10
To boile Stacadones 10		To boile a bratane. 10
To boile a Conie with a pudding in his belly. 6		To make a good white broth. 10
To boile chickens or co- pons. 10		How to make farts of portingale. 10
To boile chickens three other waies. 6.7		How to make lykes of portingale. 10
For to seeth hennes and caponis in winter in white broth. 10		How to make frenche pottage. 10
To boile calves feete or Lambs feet. 10		To make fine pap. 11
To boile a tripe. 10		A broth for a weake body. 10
		A good way to powder or barrell beise. 10

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To stance a pig.	17
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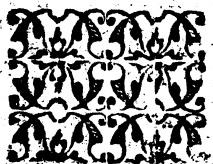
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FINIS.



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